

**CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY  
CSEP-CPT RECOMMENDED COURSE MAP**



**CSEP | SCPE**  
THE GOLD STANDARD IN EXERCISE  
SCIENCE AND PERSONAL TRAINING

**Mount Royal University (Ba. Health and  
Phys Ed)**

| Core Competency  | Course Code   | Course Title  |
|--|---|---|
| <p><b>1. Human Anatomy, Human Physiology, and Exercise Physiology</b><br/>May be integrated (in part) within courses dealing with the understanding of the structure and function of the human body including a basic understanding of the human body's response to exercise</p>   | <p><b>ALL OF:</b><br/>PHYL 1512<br/>PHYL 2514<br/>PHYL 3514</p> | <p>Human Anatomy<br/>Human Physiology<br/>Exercise Physiology</p> |
| <p><b>2. Theory and Methods of Behaviour Modification</b><br/>May be integrated (in part) within courses dealing with health behaviour change, physical activity behaviour modification theories and models, interpersonal communication, motivational interviewing, health counseling, health and fitness promotion, and the determinants of physical activity and sedentary behaviour.</p> | <p>PHYL 2510</p>  | <p>Sport and Exercise Psychology</p>                              |
| <p><b>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b><br/>May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.</p>  | <p>PHYL 4203</p>  | <p>Fitness Assessment and Prescription</p>                        |
| <p><b>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</b><br/>May be integrated (in part) within courses dealing with: personal training, physical activity/exercise prescription, training techniques, and methods of training. Optimal program design includes appropriate demonstration, client observation, and exercise modification</p>               | <p>PHYL 4203</p>  | <p>Fitness Assessment and Prescription</p>                        |
| <p><b>5. Safety and Emergency Procedures</b><br/>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment<br/><b>*CPR &amp; FA does not satisfy this Core Competency*</b></p>  | <p>ATTH 2505</p>  | <p>Prevention and Care of Athletic Injuries</p>                   |
| <p><b>6. Documentation, Administration and Professionalism</b><br/>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>  | <p>PHYL 2050</p>  | <p>Professional Practice</p>                                      |

The CSEP Recommended Course Maps (CSEP-RCMs) are intended to assist you in mapping out your education to provide the greatest chance of success with the CSEP-CPT exams. Please note that although it is not mandatory to have undertaken the specific post-secondary courses listed above, you will still be required to demonstrate through theoretical and practical knowledge and skills, all six of the core competencies as described in the CSEP-PATH and CSEP-CPT certification Guide.

**Validated for students enrolled prior to:**

Fall Semester 2020

**Date of Approval**

2019-06-17

**CSEP CERTIFIED PERSONAL TRAINER®  
CSEP-CPT**

