

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

**CSEP CERTIFIED PERSONAL TRAINER®  
Mount Royal University (Personal Fitness Trainer)**

Core Competency	Course Code	Course Title
<b>1. Human Anatomy, Human Physiology, and Exercise Physiology</b> 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	<b>ALL OF:</b> XBIO 20001 XBIO 20002 XBIO 20200	Human Anatomy Human Physiology Exercise Physiology
<b>2. Theory and Methods of Behaviour Modification</b> 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.	XPFT 20104 <b>AND</b> XPFT 22007	Effective Communication Psychology of Exercise
<b>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b> May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.	XPFT 20400	Fitness Appraisal and Lifestyle Counseling
<b>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</b> 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	XPFT 20401 <b>OR</b> XPFT 20400	Fitness Program Design Fitness Appraisal and Lifestyle Counseling
<b>5. Safety and Emergency Procedures</b> May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment *CPR & FA does not satisfy this Core Competency*	XPFT 22002	Injury Prevention and Care
<b>6. Documentation, Administration and Professionalism</b> May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.	XPFT 20400 <b>OR</b> XPFT 21002	Fitness Appraisal and Lifestyle Counseling Health Promotion and Training

**IMPORTANT** Approved CSEP Recommended Course Maps identify courses recognized by CSEP as satisfying the associated core competency area. Courses not listed in this recommended course map may still satisfy the associated core competency area upon review by CSEP.

**Version**  
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**Validated for students enrolled prior to:**  
Fall Semester 2016



**Approved By:** Amanda Burford      **Position Title:** CSEP Education Coordinator      **Date of Approval:** 2015-08-11