

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP RECOMMENDED COURSE MAP

CSEP CERTIFIED PERSONAL TRAINER®

Okanagan College

Core Competency	Course Code	Course Title
<p>1. Human Anatomy, Human Physiology, and Exercise Physiology 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>ALL OF: BIOL 131 BIOL 133 HKIN 275</p>	<p>Human Anatomy and Physiology 1 Human Anatomy and Physiology 2 Introduction to Exercise Physiology</p>
<p>2. Theory and Methods of Behaviour Modification 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>KIN 273 OR HKIN 231</p>	<p>Fitness Testing and Exercise Prescription Sport and Exercise Psychology</p>
<p>3. Theory and Methods of Health-Related Physical Activity & Physical Fitness Assessment 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>HKIN 273</p>	<p>Fitness Testing and Exercise Prescription</p>
<p>4. Theory and Methods of Health-Related Exercise Prescription and Program Design 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>HKIN 273</p>	<p>Fitness Testing and Exercise Prescription</p>
<p>5. Safety and Emergency Procedures May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment *CPR & FA does not satisfy this Core Competency*</p>	<p>HKIN 241</p>	<p>Introduction to Athletic Injuries</p>
<p>6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	<p>HKIN 273</p>	<p>Fitness Testing and Exercise Prescription</p>

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.

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Validated for students enrolled prior to:
Fall Semester 2017



Approved By:

Date of Approval

CSEP Professional Standards Program™

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