

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

**CSEP CERTIFIED PERSONAL TRAINER®**

St. Francis Xavier University

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> HKIN 365 BIOL 251 BIOL 252	Exercise Physiology Human Anatomy & Physiology 1 Human Anatomy & Physiology 2
<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.	HKIN 236	Foundations of Sport and Exercise Psychology
<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.	HKIN 456	Fitness and Exercise Evaluation
<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	HKIN 456 OR HKIN 446	Fitness and Exercise Evaluation OR Essentials of Personal Training
<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*	HKIN 222	Care and Prevention of Athletic Injuries
<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.	HKIN 241	Introduction to Sport Management

**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 \_\_\_\_\_ Validated for students enrolled prior to:  
 \_\_\_\_\_ Fall Semester 2017



Approved By: \_\_\_\_\_ Date of Approval \_\_\_\_\_  
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