

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CEP RECOMMENDED COURSE MAPS



University of Calgary

Core Competency	Course Code	Course Title
<p>1. Human Anatomy, Biomechanics and Exercise Physiology Demonstrate an understanding of anatomy, biomechanics and exercise physiology through application of knowledge to physical activity, exercise, fitness and health.</p>	<p>ALL OF: KNES 259 KNES 260 KNES 263 KNES 373</p>	<p>Human Anatomy & Physiology I Human Anatomy & Physiology II Quantitative Biomechanics Exercise Physiology</p>
<p>2. Health and Exercise Psychology Demonstrate an understanding of health and exercise psychology as it pertains to physical activity, exercise, fitness and health. Apply knowledge of health and exercise psychology through effective behaviour change techniques and lifestyle counseling. Illustrate application of evidence-based health and exercise psychology tools as they pertain to physical activity, exercise, fitness and health.</p>	<p>KNES 397 or KNES 399</p>	<p>Health and Exercise Psychology or Sport Psychology</p>
<p>3. Client Screening and Evaluation: Client History and Risk Stratification Use evidence-based tools for appropriate risk stratification or to clear clients to participate in physical activity and exercise of any intensity (sub-maximal & maximal). Illustrate the ability to effectively obtain informed consent and medical and lifestyle history from clients.</p>	<p>KNES 479 or KNES 433 or KNES 375</p>	<p>Advanced Fitness Appraisal and Exercise Prescription Health and Physical Activity Tests and Measurements in Kinesiology</p>
<p>4. Advanced Fitness Assessment and Exercise Prescription Demonstrate ability to select, administer and interpret data from fitness testing protocols for all population in the CSEP-CEP Scope of Practice Use equipment required for testing protocols to obtain valid and reliable data from clients. Be able to create and execute an exercise program for all populations in the CSEP-CEP Scope of Practice. Modify testing protocols and exercise prescription as requested or required for the client. Demonstrate ability to use exercise prescription equipment and to teach individuals how to complete prescribed exercise safely and effectively. Understand theory and application of physiology, pathophysiology, clinical management and exercise modifications for the following: Musculoskeletal Conditions, Cardiopulmonary Conditions, Metabolic Conditions, and Neuromuscular Conditions.</p>	<p>CSEP AND EITHER KNES 479 or Experience</p>	<p>Advanced Module: Exercise and Chronic Disease Advanced Fitness Appraisal and Exercise Prescription or Appropriate Work, Practicum, or Volunteer Experience</p>
<p>5. Clinical Assessment and Pharmacology Select, administer, and interpret data from clinical assessments before, during and after physical activity and exercise. Understand the physiological response to common medications (over the counter and prescribed). Modify physical activity and exercise as required, based on knowledge of clinical assessments and medication use.</p>	<p>CSEP AND EITHER KNES 479 or Experience</p>	<p>Advanced Module: Exercise and Chronic Disease Advanced Fitness Appraisal and Exercise Prescription or Appropriate Work, Practicum, or Volunteer Experience</p>

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. Candidates must meet all requirements including coursework to be approved to challenge exams.

Validated for students enrolled prior to:

Fall Semester 2018

Date of Approval

**CSEP CERTIFIED EXERCISE PHYSIOLOGIST®
CSEP-CEP**

2017-08-15

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<p>6. Special Populations: Children, Older Adults, Pregnancy, Disabilities, Chronic Conditions and Injury</p> <p>Demonstrate an understanding of the physiological differences across special populations at rest and during exercise.</p> <p>Demonstrate an understanding of the pathophysiology of different chronic conditions.</p> <p>Demonstrate the ability to correctly modify fitness testing and exercise prescription for clients who fall within these special population groups.</p> <p>Demonstrate an understanding of the unique psychosocial issues pertaining to special populations, and their impact on health and performance.</p>	<p>KNES 355 AND 2 OF: KNES 367 KNES 369 KNES 433 KNES 437 KNES 493 KNES 495 KNES 497</p>	<p>Human Growth and Development AND 2 OF: Adapted Physical Activity Foundations of Sport Medicine PA, Health and Aging Health and Physical Activity Advanced Nutrition Epidemiology of Health and PA Phys. Aspects of Aging, Disease and PA Cancer and Exercise Research Reviews</p>
<p>7. High Performance Athletes</p> <p>Be able to modify fitness testing and prescribe exercise for optimal health and performance of athletes.</p> <p>Demonstrate an understanding of the unique psychological issues pertaining to athletes and the impact on health and performance.</p>	<p>KNES 375 or KNES 479 or KNES 475</p>	<p>Tests and Measurements in Kinesiology or Advanced Fitness Appraisal and Exercise Prescription or Physiology of Athletic Performance</p>
<p>8. Workplace Health and Fitness</p> <p>Demonstrate knowledge of advanced exercise physiology and ergonomics through the ability to conduct fitness testing and prescribe exercise to individuals in the workforce.</p> <p>Demonstrate an understanding of the unique psychosocial issues pertaining to individuals in the workforce and their impact on health and performance.</p> <p>Demonstrate a basic understanding of bona fide occupational fitness requirements.</p>	<p>KNES 375 or KNES 479</p>	<p>Tests and Measurements in Kinesiology or Advanced Fitness Appraisal and Exercise Prescription</p>
<p>9. Lifestyle Literacy</p> <p>Demonstrate an understanding of the relationship between physical activity and exercise and other lifestyle factors, as well as their influence on health and performance.</p> <p>Understanding of Client Education and Health Promotion, Nutrition and Weight Management, and Sedentary Behaviour.</p>	<p>KNES 237 and KNES 433</p>	<p>Introduction to Nutrition and Health and Physical Activity</p>
<p>10. Professional Practice</p> <p>Illustrate ability to effectively and appropriately communicate with individuals from across the populations in the CSEP-CEP Scope of Practice.</p> <p>Describe and work within the boundaries of the CSEP-CEP Code of Conduct and CSEP-CEP Scope of Practice.</p> <p>Critically analyze and interpret data obtained and appropriately communicate results to clients.</p> <p>Describe basic descriptive statistics, normative data, validity and reliability as it pertains to fitness tests used.</p>	<p>KNES 375 or KNES 479 AND EITHER STAT 205 or STAT 213</p>	<p>Tests and Measurements in Kinesiology or Advanced Fitness Appraisal and Exercise Prescription Introduction to Statistical Inquiry Introduction to Statistics 1</p>

Note: As of January 01, 2017 all CSEP-CEP applicants are required to provide proof of a minimum of 100 hours of practical experience. Practical hours may be attained through practicum, work, volunteer or a combination of experiences. For more information about this or any additional pre-requisites please go to: <http://www.csep.ca/csep-cep-prereqs>

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