

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



## Université d'Ottawa (BSc. AP)

Core Competency	Course Code	Course Title
<p><b>1. Human Anatomy, Human Physiology, and Exercise Physiology</b></p> <p>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>TOUS:</b> APA 1713 APA 1505A  APA 2701</p>	<p>Anatomie Fonctionnelle Phys. Cellulaire, et Anat. et Phys. des Systèmes Cardio, Lymphatiques et Resp. Physiologie de l'Exercice I</p>
<p><b>2. Theory and Methods of Behaviour Modification</b></p> <p>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>APA 2540 APA 3522</p>	<p>Intro. à la Psych. du Sport et de l'Act. Phys.  Activité physique et Santé</p>
<p><b>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b></p> <p>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>APA 2714</p>	<p>Techniques de Lab. en Phys. de l'Exercice et en Biomécanique</p>
<p><b>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</b></p> <p>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><b>TOUS:</b> APA 3725 APA 2714</p>	<p>Principes d'Amélioration de la Cond. Phys. Techniques de Lab. en Phys. de l'Exercice et en Biomécanique</p>
<p><b>5. Safety and Emergency Procedures</b></p> <p>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment <b>*CPR &amp; FA does not satisfy this Core Competency*</b></p>	<p>APA 3525</p>	<p>Prévention et Soins des Blessures Sportives</p>
<p><b>6. Documentation, Administration and Professionalism</b></p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	<p><b>TOUS:</b> APA 2534  APA 3525</p>	<p>Admin. des Services de Loisir, de Sport et de l'Act. Phys. Prévention et Soins des Blessures Sportives</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**

2017-09-14

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