

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



University of Windsor

Core Competency	Course Code	Course Title
<p><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</p>	<p><b>ALL OF:</b> 95-265 95-205 95-260</p>	<p>Functional Anatomy Introductory Exercise Physiology Physiology of Fitness</p>
<p><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.</p>	<p><b>ALL OF:</b> 95-302 95-211</p>	<p>Exercise Fitness Psychology Mental Skills Training</p>
<p><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.</p>	<p>95-492 <b>AND ONE OF:</b> 95-398 95-370</p>	<p>Lab Experiences in Human &amp; Ex. Physiology  PTA of Physical Fitness Scientific Basis of Conditioning</p>
<p><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</p>	<p><b>ONE OF:</b> 95-370 95-398</p>	<p>Scientific Basis of Conditioning PTA of Physical Fitness</p>
<p><b>5. Safety and Emergency Procedures</b> 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>95-492 <b>AND ONE OF:</b> 95-370 95-398</p>	<p>Lab Experiences in Human &amp; Ex. Physiology  Scientific Basis of Conditioning PTA of Physical Fitness</p>
<p><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.</p>	<p><b>ALL OF:</b> 95-398 95-492</p>	<p>PTA of Physical Fitness Lab Experiences in Human &amp; Ex. Physiology</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**

2018-07-10

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CSEP-CPT**

