

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

CSEP CERTIFIED PERSONAL TRAINER®

University of Guelph Humber

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: KIN 1030 KIN 1060 KIN 2060 KIN 3010</p>	<p>Human Anatomy 1 Human Physiology 1 Human Physiology 2 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>AHSS 1310</p>	<p>Health Counselling and Behaviour Change</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>ALL OF: KIN 2100 KIN 3100</p>	<p>Fitness/Lifestyle Assessment 1 Fitness/Lifestyle Assessment 2</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>ALL OF: KIN 2200 KIN 2210</p>	<p>Exercise Prescription 1 Exercise Prescription 2</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>KIN 3020</p>	<p>Injuries and Exercise Contraindications</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>KIN 2210</p>	<p>Exercise Prescription 2</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 2016



Approved By: Amanda Burford **Position Title:** CSEP Education Coordinator **Date of Approval:** 2015-08-11