

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP RECOMMENDED COURSE MAP

CSEP CERTIFIED PERSONAL TRAINER®

University of Western Ontario

| Core Competency | Course Code | Course Title |
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| <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: PHYS 1021 ANAT 2221 KIN 2230</p> | <p>Physiology Functional Human Anatomy 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>ALL OF: KIN 1088 KIN 2276 OR ONE OF: KIN 1070 KIN 3474B KIN 3476G</p> | <p>Introduction to Sport and Exercise Psychology Psychology of Exercise Psychology of Human Movement Science Psych. Interv. in Sport, Ex, and Inj. Rehab. Exercise and Health Behavior 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>KIN 3337</p> | <p>Physiology of Fitness Appraisal</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>KIN 3337 OR KIN 3961</p> | <p>Physiology of Fitness Appraisal The Art and Science of Personal Training <i>(Previously KIN 3304)</i> <i>(Previously satisfied by KIN 2961 Foundations of Training Technique)</i></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 2236</p> | <p>Athletic Injuries</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 2298A/B OR KIN 3337</p> | <p>Management in Kinesiology Physiology of Fitness Appraisal</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.

Version
V420151207

Validated for students enrolled prior to:
Fall Semester 2017



Approved By:

Date of Approval

CSEP Professional Standards Program™

2016-08-31