

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

**CSEP CERTIFIED PERSONAL TRAINER®**

University of Wilfrid Laurier

Core Competency	Course Code	Course Title
<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	<b>ALL OF:</b> KP 223  KP 220  KP 322	Human Anatomy (aka. HN 210) Human Physiology Physiology of Physical Activity
<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.	<b>ONE OF</b> KP 210 KP 412 KP 414	Intro. to Sport and Exercise Psychology Behaviour Modification and Phys. Act. Behaviour Modification and Phys. Act. (Previously: Exercise Psychology)
<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.	<b>ALL OF:</b> KP 324	Fitness Ass. and Exercise Prescription (Previously 426)
<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	<b>ALL OF:</b> KP 324	Fitness Ass. and Exercise Prescription (Previously 426)
<b>5. Safety and Emergency Procedures</b> May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment *CPR & FA does not satisfy this Core Competency*	<b>ALL OF:</b> KP 321 KP 324	Sports Medicine (Previously KP 321) Fitness Ass. and Exercise Prescription
<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.	<b>ALL OF:</b> KP 324	<b>ALL OF:</b> Fitness Ass. and Exercise Prescription (Previously 426)

**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**  
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**Validated for students enrolled prior to:**  
Fall Semester 2017



**Approved By:**

Date of Approval

Amanda Burford CSEP Professional Standards Program™

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