

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CPT RECOMMENDED COURSE MAP



Western University

Core Competency	Course Code	Course Title
<p>1. Human Anatomy, Human Physiology, and Exercise Physiology</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>ALL OF: PHYS 1021 ANAT 2221 KIN 2230</p>	<p>Physiology Functional Human Anatomy Introductory Exercise Physiology</p>
<p>2. Theory and Methods of Behaviour Modification</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>ALL OF: KIN 2276 OR ONE OF: KIN 1070 KIN 3474B KIN 3476G KIN 3388</p>	<p>Psychology of Exercise Psychology of Human Movement Science Psych. Interv. in Sport, Ex, and Inj. Rehab. Exercise and Health Behavior Change The Psychology of Sport</p>
<p>3. Theory and Methods of Health-Related Physical Activity & Physical Fitness Assessment</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>KIN 3337</p>	<p>Physiology of Fitness Appraisal</p>
<p>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</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>KIN 3337</p>	<p>Physiology of Fitness Appraisal <i>(Previously satisfied by KIN 3961 (KIN 3304) The Art and Science of Personal Training)</i> <i>(Previously satisfied by KIN 2961 Foundations of Training Technique)</i></p>
<p>5. Safety and Emergency Procedures</p> <p>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>Introduction Athletic Injuries</p>
<p>6. Documentation, Administration and Professionalism</p> <p>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>Introduction Management in Kinesiology Physiology of Fitness Appraisal</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

**CSEP CERTIFIED PERSONAL TRAINER®
CSEP-CPT**

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