

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CPT RECOMMENDED COURSE MAP



Lakehead 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: Biology 2011 Biology 2030 Kinesiology 3010</p> <p>Also consider: BIOL 2012</p>	<p>Human Musculoskeletal Anatomy Introductory Human Physiology Physiology of Exercise 1</p> <p>Human Internal Anatomy</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>Kinesiology 2059</p> <p>Also consider: Kinesiology 4113 Kinesiology 4710 Kinesiology 3113</p>	<p>Psychology of Physical Activity</p> <p>Lifestyle Counseling Communication and Leadership Health Promotion and Weight Management</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>Kinesiology 1710</p>	<p>General Principles of Fitness and Wellness</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>Kinesiology 3711</p>	<p>Exercise Prescription</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</p> <p>*CPR & FA does not satisfy this Core Competency*</p>	<p>Kinesiology 3134</p>	<p>Musculoskeletal Injuries 1</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>Kinesiology 3711</p>	<p>Exercise Prescription</p>

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. Candidates must meet all requirements including coursework to be approved to challenge exams.

Validated for students enrolled prior to:

Fall Semester 2019

Date of Approval

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

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