

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CEP RECOMMENDED COURSE MAPS



University of Alberta

Core Competency	Course Code	Course Title
<p>1. Human Anatomy, Biomechanics and Exercise Physiology Demonstrate an understanding of anatomy, biomechanics and exercise physiology through application of knowledge to physical activity, exercise, fitness and health.</p>	KIN 100 KIN 200 AND ONE OF: KIN 206 KIN 306	Human Anatomy Physiology of Exercise Biomechanics Advanced Biomechanics
<p>2. Health and Exercise Psychology Demonstrate an understanding of health and exercise psychology as it pertains to physical activity, exercise, fitness and health. Apply knowledge of health and exercise psychology through effective behaviour change techniques and lifestyle counseling. Illustrate application of evidence-based health and exercise psychology tools as they pertain to physical activity, exercise, fitness and health.</p>	KIN 311 AND ONE OF: KIN 303 HE ED 321	Assessment of Fitness and Health Psychology of Sport and P.A. Psyc. Dimensions of Health Promo.
<p>3. Client Screening and Evaluation: Client History and Risk Stratification Use evidence-based tools for appropriate risk stratification or to clear clients to participate in physical activity and exercise of any intensity (sub-maximal & maximal). Illustrate the ability to effectively obtain informed consent and medical and lifestyle history from clients.</p>	KIN 311	Assessment of Fitness and Health
<p>4. Advanced Fitness Assessment and Exercise Prescription Demonstrate ability to select, administer and interpret data from fitness testing protocols for all population in the CSEP-CEP Scope of Practice Use equipment required for testing protocols to obtain valid and reliable data from clients. Be able to create and execute an exercise program for all populations in the CSEP-CEP Scope of Practice. Modify testing protocols and exercise prescription as requested or required for the client. Demonstrate ability to use exercise prescription equipment and to teach individuals how to complete prescribed exercise safely and effectively. Understand theory and application of physiology, pathophysiology, clinical management and exercise modifications for the following: Musculoskeletal Conditions, Cardiopulmonary Conditions, Metabolic Conditions, and Neuromuscular Conditions.</p>	KIN 311 KIN 335 AND BOTH OF: KIN 413 KIN 372 OR KIN 434	Assessment of Fitness and Health Advanced Conditioning Methodology Cardiopulmonary Exercise Physiology Neuro. Cons. for Adapted Physical Activity Physical Activity and Chronic Disease Mgmt
<p>5. Clinical Assessment and Pharmacology Select, administer, and interpret data from clinical assessments before, during and after physical activity and exercise. Understand the physiological response to common medications (over the counter and prescribed). Modify physical activity and exercise as required, based on knowledge of clinical assessments and medication use.</p>	KIN 311 AND KIN 434 or Supplementar y Module	Assessment of Fitness and Health Physical Activity and Chronic Disease Management or Supplementary Modules : Exercise and Chronic Disease

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 EXERCISE PHYSIOLOGIST® CSEP-CEP

2018-11-22

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Core Competency	Course Code	Course Title
<p>6. Special Populations: Children, Older Adults, Pregnancy, Disabilities, Chronic Conditions and Injury Demonstrate an understanding of the physiological differences across special populations at rest and during exercise. Demonstrate an understanding of the pathophysiology of different chronic conditions. Demonstrate the ability to correctly modify fitness testing and exercise prescription for clients who fall within these special population groups. Demonstrate an understanding of the unique psychosocial issues pertaining to special populations, and their impact on health and performance.</p>	KIN 207 KIN 385 KIN 372 other courses focusing on adapted PA or Supplementary Module	Physical Growth and Psychomotor Development Physical Activity and the Aging Adult Neuro Considerations for Adapted P.A. Exercise and Chronic Disease
<p>7. High Performance Athletes Be able to modify fitness testing and prescribe exercise for optimal health and performance of athletes. Demonstrate an understanding of the unique psychological issues pertaining to athletes and the impact on health and performance.</p>	KIN 335 KIN 311	Advanced Conditioning Methodology Assessment of Fitness and Health
<p>8. Workplace Health and Fitness Demonstrate knowledge of advanced exercise physiology and ergonomics through the ability to conduct fitness testing and prescribe exercise to individuals in the workforce. Demonstrate an understanding of the unique psychosocial issues pertaining to individuals in the workforce and their impact on health and performance. Demonstrate a basic understanding of bona fide occupational fitness requirements.</p>	KIN 335 KIN 311	Advanced Conditioning Methodology Assessment of Fitness and Health
<p>9. Lifestyle Literacy Demonstrate an understanding of the relationship between physical activity and exercise and other lifestyle factors, as well as their influence on health and performance. Understanding of Client Education and Health Promotion, Nutrition and Weight Management, and Sedentary Behaviour.</p>	NUT 100 or KIN 334 and HE ED 221 or HE ED 321	Nutrition and Well-being or Phys. Act. Nutrition and Energy Balance Population Health Psyc. Dimensions of Health Promo.
<p>10. Professional Practice Illustrate ability to effectively and appropriately communicate with individuals from across the populations in the CSEP-CEP Scope of Practice. Describe and work within the boundaries of the CSEP-CEP Code of Conduct and CSEP-CEP Scope of Practice. Critically analyze and interpret data obtained and appropriately communicate results to clients. Describe basic descriptive statistics, normative data, validity and reliability as it pertains to fitness tests used.</p>	KIN 109 or STAT 151 and KIN 490-493	Statistics, Measurement and Evaluation or Introduction to Applied Statistics and minimum of one Professional Practicum

Note: As of January 01, 2017 all CSEP-CEP applicants are required to provide proof of a minimum of 100 hours of practical experience. Practical hours may be attained through practicum, work, volunteer or a combination of experiences. For more information about this or any additional pre-requisites please go to: <http://www.csep.ca/csep-cep-prereqs>

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