

# CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CEP RECOMMENDED COURSE MAPS



## University of New Brunswick

Core Competency	Course Code	Course Title
<b>1. Human Anatomy, Biomechanics and Exercise Physiology</b> Demonstrate an understanding of anatomy, biomechanics and exercise physiology through application of knowledge to physical activity, exercise, fitness and health.	<b>ALL OF:</b> BIOL 1711 BIOL 1782 KIN 2082 KIN 2062	<b>ALL OF:</b> Human Anatomy 1 Human Physiology 1 Basic Exercise Physiology Introductory Biomechanics
<b>2. Health and Exercise Psychology</b> 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.	KIN 3291 will consider KIN 3031	Coaching Healthy Behaviours will consider Exercise Psychology
<b>3. Client Screening and Evaluation: Client History and Risk Stratification</b> 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.	<b>ALL OF:</b> KIN 4281  KIN 4282	<b>ALL OF:</b> Measurement and Evaluation in Exercise Science Exercise Prescription for Health, Well-being and Performance
<b>4. Advanced Fitness Assessment and Exercise Prescription</b> 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.	<b>ALL OF:</b> KIN 4281  KIN 4282  KIN 5481	<b>ALL OF:</b> Measurement and Evaluation in Exercise Science Exercise Prescription for Health, Well-being and Performance Advanced Exercise Prescription for Chronic Diseases
<b>5. Clinical Assessment and Pharmacology</b> 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.	<b>ALL OF:</b> KIN 5481  KIN 4281  KIN 4282	<b>ALL OF:</b> Advanced Exercise Prescription for Chronic Diseases Measurement and Evaluation in Exercise Science Exercise Prescription for Health, Well-being and Performance

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 2018

**Date of Approval**

**CSEP CERTIFIED EXERCISE PHYSIOLOGIST®**  
**CSEP-CEP**

2017-08-17

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Core Competency	Course Code	Course Title
<b>6. Special Populations: Children, Older Adults, Pregnancy, Disabilities, Chronic Conditions and Injury</b> 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.	ALL OF: KIN 5481  KIN 4281  KIN 4282  KIN 3382 KIN 4383	ALL OF: Advanced Exercise Prescription for Chronic Diseases Measurement and Evaluation in Exercise Science Exercise Prescription for Health, Well-being and Performance Pediatric Exercise Science Physical Activity and Aging
<b>7. High Performance Athletes</b> 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.	KIN 4993	Advanced Exercise Prescription for High Performance
<b>8. Workplace Health and Fitness</b> 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.	KIN 4282 or KIN 4993	Exercise Prescription for Health, Well-being and Performance or Advanced Exercise Prescription for High Performance
<b>9. Lifestyle Literacy</b> 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.	ALL OF: KIN 3481 and KIN 4282	ALL OF: Nutrition for Healthy Living and Exercise Prescription for Health, Well-being and Performance
<b>10. Professional Practice</b> 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.	ALL OF: RSS 2011  KIN 3001  STAT 2264 or STAT 2263	ALL OF: Management of Sport, Recreation and Wellness Organizations Introduction to Research Methods in Kinesiology Statistics for Biology Statistics for Non-Science Majors

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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