

CAMBRIAN COLLEGE

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. (The courses listed are only recommendations other courses may also meet the requirements).

CSEP-CPT Core Competency	Course Code:	Course title:
<p>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: BIO 1009 B10 1007 FLM 2316</p>	<p>Applied Anatomy and Kinesiology 1 Applied Anatomy and Kinesiology 2 Physiology of Exercise</p>
<p>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: FLM 1101 FLM 2440</p>	<p>Mental Training for Exercise Fitness Appraisal/Training 1</p>
<p>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>FLM 2440</p>	<p>Fitness Appraisal/Training 1</p>
<p>Theory and Methods of Health-Related Exercise Prescription and Program Design</p> <p>May be integrated (in part) within courses dealing with: personal fitness training, physical activity/exercise prescription, training techniques, and methods of training. Optimal program design includes appropriate demonstration, client observation and exercise modification</p>	<p>FLM 2440</p> <p>Also consider: FLM 1250 FLM 2350</p>	<p>Fitness Appraisal/Training 1</p> <p>Circuit/Resistance Training 1 Resistance Training 2</p>
<p>Safety and Emergency Procedures</p> <p>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.</p>	<p>ALL OF: FLM 2440 FLM 3400</p>	<p>Fitness Appraisal/Training 1 Sports Injuries & Exercise Therapy</p>
<p>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>FLM 3640</p>	<p>Facilities Management</p>