

**COLLÈGE BORÉAL**

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).

<b>CSEP-CPT Core Competency</b>	<b>Course Code:</b>	<b>Course title:</b>
<p><b>Human Anatomy, Human Physiology, and Exercise Physiology</b></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><b>ALL OF:</b> BIO 1026 BIO 1027 SPR 1005 SPR 1025</p>	<p>Anatomie/Physiologie 1 Anatomie/Physiologie 2 Physiologie de la Performance Analyse du mouvement</p>
<p><b>Theory and Methods of Behaviour Modification</b></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><b>ALL OF:</b> SPR 1007 SPR 1012</p>	<p>Psychologie du Sport Introduction a L'Entrainement</p>
<p><b>Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b></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><b>ALL OF:</b> SPR 1003 SPR 1005</p>	<p>Évaluation de la Condition Physique Physiologie de la Performance</p>
<p><b>Theory and Methods of Health-Related Exercise Prescription and Program Design</b></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>SPR 1019</p>	<p>Prescription et Entrainement</p>
<p><b>Safety and Emergency Procedures</b></p> <p>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.</p>	<p>SPR 1026</p>	<p>Traumatologie Sportive</p>
<p><b>Documentation, Administration and Professionalism</b></p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.</p>	<p>SPR 1024</p>	<p>Observation et Développement Professionnel</p>