

HOLLAND 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: KINE 1146 ANAT 1247</p>	<p>The Physiology of Human Movement Anatomy and Physiology</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: KINE 1118</p> <p>KINE 2263</p>	<p>Introduction to Sport and Exercise Psychology Exercise Programming 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>ALL OF: KINE 2263 KINE 2265</p>	<p>Exercise Programming 1 Exercise Programming 2</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>ALL OF: KINE 2263 KINE 2265 KINE 2256 KINE 2260</p>	<p>Exercise Programming 1 Exercise Programming 2 Modes and Met. of Physical Conditioning 1 Modes and Met. of Physical Conditioning 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>KINE 2245</p>	<p>Athletic 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>KINE 2265</p> <p>Consider also: SLM 143 SLM 243</p>	<p>Exercise Programming 2</p> <p>Human Resource Management Sport Facility Management</p>