

KEYANO 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><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> PEDS 100 PEDS 101 PEDS 200</p>	<p>Human Anatomy Essentials of Human Physiology Exercise Physiology</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>PEDS 303</p>	<p>Psychology of Sport and Physical Activity</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>PEDS 311</p>	<p>Assessment of Fitness and Health (Previously HE ED 311)</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><b>ALL OF:</b> PAC 144 HE ED 220</p>	<p>Intro. to Bio. Aspects of Fitness and Health</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><b>ALL OF:</b> PEDS 240 PAC 144 HE ED 220</p>	<p>Introduction to Sports Injury Management Resistance Training Intro. to Bio. Aspects of Fitness and Health</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>PERLS 105</p>	<p>Introduction to Sport Administration</p>