

MCMASTER UNIVERSITY

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: KINESIOL 2E03 KINESIOL 1A03 KINESIOL 1AA3 KINESIOL 2CO3 KINESIOL 2CC3</p>	<p>Musculoskeletal Anatomy Human Anatomy & Physiology 1 Human Anatomy & Physiology 2 Neuromuscular Exercise Physiology Cardiorespiratory Metabolic Exercise 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>KINESIOL 3H03 OR KINESIOL 3LO3</p> <p>Consider also: KIN 4HO3</p>	<p>Exercise Psychology Exercise Testing and Prescription Physical Activity and Behaviour Change</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>KINESIOL 3LO3</p> <p>Consider also: KIN 3FO3</p>	<p>Exercise Testing and Prescription Athletic Training and Conditioning</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>KINESIOL 3LO3</p>	<p>Exercise Testing and Prescription</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>KINESIOL 3LO3</p>	<p>Exercise Testing and Prescription</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>KINESIOL 3LO3 OR KINESIOL 4EE3</p>	<p>Exercise Testing and Prescription Professional Placement in Kinesiology</p>