

UNIVERSITY OF ALBERTA

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: KIN 100 KIN 101 KIN 200</p>	<p>Structural Anatomy Intro. to Human Physiology 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>HE ED 321 OR KIN 303</p>	<p>Psychological Dimensions of Health Promotion Psychology of Sport and Physical Activity</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>KIN 311</p>	<p>Assessment of Fitness and Health</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>KIN 311 OR KIN 335</p>	<p>Assessment of Fitness and Health Advanced Conditioning Methodology</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>KIN 311 OR KIN 240</p>	<p>Assessment of Fitness and Health Intro. to Sports Injuries Management</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>KIN 311 OR KIN 335</p>	<p>Assessment of Fitness and Health Advanced Conditioning Methodology</p>