

UNIVERSITY OF OTTAWA (BA. HK)

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: ANP 1105 APA 1313 APA 2312</p>	<p>Human Anatomy and Physiology I Musculoskeletal Anatomy Physiology of Physical Activity</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>APA 2140 APA 3122</p>	<p>Intro to Sport and Exercise Psychology Physical Activity and Health</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>APA 4323B</p>	<p>Assessment of Fitness and Lifestyle</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: APA 2312 APA 4323B</p>	<p>Fitness Training Principles Assessment of Fitness and Lifestyle</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>APA 3125</p>	<p>Prevention and Care of Athletic Injuries</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>ALL OF: APA 2134 APA 3125</p>	<p>Administration of Leisure, Sport and Physical Activity Services Prevention and Care of Athletic Injuries</p>