

CAMOSUN 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: BIOL 150 BIOL 151 KIN 210</p>	<p>Anatomy for Sport Education Physiology for Sport Education 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>ALL OF: KIN 230 PSYC 160</p>	<p>Behavioural Fitness Sport and Exercise Psychology 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>KIN 240</p>	<p>Fitness and Health Assessment</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: KIN 241</p> <p>KIN 220</p>	<p>Exercise Prescription & Design <i>(Previously satisfied by EXW 240 for students enrolled 2013 and earlier)</i></p> <p>Lifetime Fitness Program</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>AET 272 OR KIN 240</p>	<p>Field Prevention/Injury Care 1 Fitness and Health Assessment</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 240</p>	<p>Fitness and Health Assessment</p>