

RED DEER POLYTECHNIC

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: KNSS 200 PSIO 258 PSIO 259 KNSS 202</p>	<p>Structural Anatomy Elementary Physiology 1 Elementary Physiology 2 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>KNSS 299 AND KNSS 210 OR KNSS 214</p>	<p>Directed Studies: Fitness and Health Promotion Personal Fitness and Wellness Introduction to Personal Physical Fitness</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>ALL OF: KNSS 299</p>	<p>Directed Studies in Kinesiology and Sport Studies</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>KNSS 299</p>	<p>Directed Studies in Kinesiology and Sport Studies</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>KNSS 321 OR KNSS 220</p>	<p>Applied Resistance Training Introduction to Athletic Therapy</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>KNSS 250</p>	<p>Intro to Admin of Sport, PA, and Rec Programs</p>