

UBCO - Bachelor of Health and Exercise Sciences

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: HES 101 HES 111 HES 105</p>	<p>Human Physiology I Human Physiology 2 Exercise Physiology I</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: HES 131</p>	<p>Exercise Psychology</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: HES 211</p>	<p>Exercise Testing</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: HES 201 HES 212</p>	<p>Exercise Prescription Exercise Training, Conditioning and Rehabilitation for Health, Fitness and Performance</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>All of: HES 201 HES 211 HES 212</p>	<p>Exercise Prescription Exercise Testing Exercise Training, Conditioning and Rehabilitation for Health, Fitness and Performance</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: HES 201 HES 211 HES 212</p>	<p>Exercise Prescription Exercise Testing Exercise Training, Conditioning and Rehabilitation for Health, Fitness and Performance</p>