

**SAULT 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).

<b>CSEP-CPT Core Competency</b>	<b>Course Code:</b>	<b>Course title:</b>
<b>Human Anatomy, Human Physiology, and Exercise Physiology</b>  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	<b>FIT111</b>  <b>PNG111</b> <b>FIT124</b> <b>FIT125</b> <b>PNG121</b> <b>FIT214</b>	<b>Functional Anatomy for Fitness Professionals</b> <b>Anatomy and Physiology I</b> <b>Exercise Physiology I</b> <b>Intro to Biomechanics</b> <b>Anatomy and Physiology II</b> <b>Exercise Physiology II</b>
<b>Theory and Methods of Behaviour Modification</b>  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.	<b>FIT210</b> <b>FIT213</b> <b>FIT221</b>	<b>Fitness and Lifestyle Counselling</b> <b>Health Promotion I</b> <b>Health Promotion II</b>
<b>Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b>  May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.	<b>FIT112</b>  <b>FIT122</b> <b>FIT121</b> <b>FIT123</b> <b>FIT212</b>  <b>FIT220</b>	<b>Intro to Physical Activity &amp; Wellness</b> <b>Fitness Appraisals</b> <b>Physical Activity for Children &amp; Youth</b> <b>Exercise for Special Populations</b> <b>Physical Activity and Wellness for Older Adults</b> <b>Advan. Exercise Assessment &amp; Prescription</b>
<b>Theory and Methods of Health-Related Exercise Prescription and Program Design</b>  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	<b>FIT127</b>  <b>FIT211</b> <b>FIT215</b> <b>FIT220</b>	<b>Exercise Instruction for Healthy Adults</b> <b>Exercise Programming</b> <b>Group Exercise</b> <b>Advanced Exercise Assessment and Prescription</b>
<b>Safety and Emergency Procedures</b>  May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.	<b>FIT122</b>	<b>Injury Prevention and Management</b>
<b>Documentation, Administration and Professionalism</b>  May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.	<b>FIT110</b>  <b>FIT223</b>  <b>FIT224</b>	<b>Professional Standards and Communication</b> <b>Entrepreneurship in Fitness and Health Promotion</b> <b>Consolidating Placement and Career Prep</b>