

SCHOOL/PROGRAM NAME

Ontario Tech University/Kinesiology (Faculty of Health 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:
Human Anatomy, Human Physiology, and Exercise Physiology 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	KINE 1010U KINE 1100U KINE 2000U KINE 2130U	Human Anatomy and Physiology I Human Anatomy and Physiology II Anatomy of Human Movement Exercise Physiology
Theory and Methods of Behaviour Modification 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.	KINE 2030U KINE 3000U	Psychology of Sport and Exercise Fitness Assessment and Exercise Prescription
Theory and Methods of Health-Related Physical Activity & Physical Fitness Assessment May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.	KINE 3000U	Fitness Assessment and Exercise Prescription
Theory and Methods of Health-Related Exercise Prescription and Program Design 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	KINE 3000U	Fitness Assessment and Exercise Prescription
Safety and Emergency Procedures May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.	KINE 2100U KINE 3000U	Introduction to Injury Management Fitness Assessment and Exercise Prescription
Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.	KINE 2100U KINE 3000U	Introduction to Injury Management Fitness Assessment and Exercise Prescription