

## CSEP SCPE THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CPT RECCOMENDED COURSE MAP

## 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 reccomendations other courses may also meet the requirements).

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  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.  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 Aeversies prescription and Program Design  May be integrated (in part) within courses dealing with: personal fitness training, physical activity Aeversies prescription, training techniques, and methods of training, physical activity (exercise prescription, training techniques, and methods of training, physical activity and sedentary behavior.  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  Safety and Emergency Procedures  May be integrated (in part) within courses dealing with mergency response procedures, injury assessment and treatment.  Exercise Physiology  Human Anatomy of Human Movem Exercise Physiology  KINE 2300U  Fitness Assessment and Exercise Physiology  Fitness Assessment an	P-CPT Core Competency	Course Code:	Course title:
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.  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.  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  Safety and Emergency Procedures  May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.  KINE 3000U  Fitness Assessment and Exercise Prescription	be integrated (in part) within courses dealing the understanding of the structure and ion of the human body including a basic rstanding of the human body's response to	KINE 1100U KINE 2000U	Anatomy of Human Movement
with health behaviour change, physical activity behaviour modification theories and models, interpresonal communication, motivational interviewing, health counseling, health and fitness promotion, and the determinants of physical activity and sedentary behaviour.  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.  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  Safety and Emergency Procedures  May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.  KINE 3000U  Fitness Assessment and Exercise Prescription  Introduction to Injury Management and Exercise Prescription and Exercise Prescriptio	ry and Methods of Behaviour Modification	KINE 2030U	Psychology of Sport and Exercise
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.  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  Safety and Emergency Procedures  May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.  RINE 3000U  Fitness Assessment and Exercise Modification  KINE 2100U  Introduction to Injury Management and Exercise Prescription  Fitness Assessment and Exercise Administration and Exercise Prescription	nealth behaviour change, physical activity viour modification theories and models, personal communication, motivational viewing, health counseling, health and fitness otion, and the determinants of physical ty and sedentary	KINE 3000U	Fitness Assessment and Exercise Prescription
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with emergency response procedures, injury assessment and treatment.  Prescription	y and Emergency Procedures	KINE 2100U	Introduction to Injury Manageme
Documentation Administration and	emergency response procedures, injury	KINE 3000U	Fitness Assessment and Exercise Prescription
Professionalism KINE 2100U Introduction to Injury Mans	mentation, Administration and essionalism	KINE 2100U	Introduction to Injury Manageme
May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.  KINE 3000U  Fitness Assessment and Exemples Prescription	material related to marketing, administration,	KINE 3000U	Fitness Assessment and Exercise Prescription

Last Reviewed: December 2023