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THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

CSEP Clinical Exercise Physiologist™ Recommended Course Map

Memorial University of Newfoundland

Approved CSEP Recommended Course Maps identify courses recognized by CSEP as satisfying the associated core competency area. Courses not listed in this Recommended Course Map may still satisfy the associated core competency area upon review by CSEP. Candidates must meet all requirements including coursework to be approved to challenge exams.

CORE COMPETENCIES	COURSE CODE	COURSE TITLE
1. Anatomy, Biomechanics, and Exercise Physiology • Functional anatomy, biomechanics, and exercise physiology as it applies to fitness assessment, exercise prescription, demonstration of exercise, and exercise education of the client(s) related to physical activity/exercise, fitness, and health. • Exercise physiology and its application to submaximal and maximal exercise, acute bouts of exercise and chronic exercise (training) for both men and women of all ages. • The impact of physical activity and exercise training on all of the body system.	HKR2310 HKR2320 HKR3310 HKR3320 HKR4702 HKR4703	Human Anatomy Primary Human Physiology Physiology of Exercise Introduction to Biomechanics Advanced Exercise Physiology Occupational Ergonomics and Sport Biomechanics
2. Health Behaviour Change and Education • Health and exercise psychology and behavior change theory and application. • Client education in areas of nutrition and weight management, sleep, sedentary behaviour.	HKR2004 HKR2340 HKR4700	Enhancing Performance in Physical Activity Fitness Leadership Advanced Fitness Training and Assessment
3. Client Pre-participation Screening (& pharmacology) • Proper use of pre-screening tools and the ability to gather client subjective history • Describe the effect of common medications on rest and exercising responses	HKR2340 HKR4700	Fitness Leadership Advanced Fitness Training and Assessment
4. Advanced Exercise & Health Assessment for Apparently Healthy Populations • Develop and select appropriate assessments and implement valid reliable testing protocols. Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately.	HKR2340 HKR4700	Fitness Leadership Advanced Fitness Training and Assessment
5. Advanced Exercise & Health Assessment for Chronic Conditions • Develop and select appropriate assessments and implement valid reliable testing protocols for clinical population. • Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately for clinical populations.	HKR4700	Advanced Fitness Training and Assessment
6. Advanced Exercise Prescription for Apparently Healthy Populations • Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program). • Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility and a healthy body composition. • Demonstration of exercises and the use of exercise equipment. • Monitoring activity and providing appropriate progression.	HKR2340 HKR4700	Fitness Leadership Advanced Fitness Training and Assessment
7. Advanced Exercise Prescription for Chronic Conditions • Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program). • Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility and a healthy body composition. • Demonstration of exercises and the use of exercise equipment. • Monitoring activity and providing appropriate progression. • Knowledge of the physiology, pathophysiology, clinical management, contraindications, precautions and exercise modifications for the following; Cardiopulmonary, metabolic, pulmonary, musculoskeletal, neurological, cancer, musculoskeletal injuries, and mental health.	HKR4700	Advanced Fitness Training and Assessment
8. Professional and Ethical Practice • Program Administration, including effective communication (oral and written). • Statistics and Research Methodologies in Health and Fitness. • Professional Ethics.	HKR2340 HKR4700 HKR4600	Fitness Leadership Advanced Fitness Training and Assessment Introduction to Research
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