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THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

CSEP Clinical Exercise Physiologist™ Recommended Course Map

University of Manitoba

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.	BIOL 1410 BIOL 1412 KPER 1500 KPER 2320 KPER 2330 KPER 2700 KPER 3470	Anatomy of the Human Body Physiology of the Human Body Foundations of Physical Education and Kinesiology Human Anatomy Biomechanics Motor Control and Learning Exercise Physiology
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.	HNSC 1210 KPER 1200 KPER 2540 KIN 4460/4560	Nutrition for Health and Changing Lifestyles; Physical Activity, Health, and Wellness;Psychology of Sport and Physical Activity; (Advanced) Fitness Appraisal and Lifestyle Counselling
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	KPER 3470 KIN 4460 KIN 4560	Exercise Physiology Fitness Appraisal and Lifestyle Counselling Advanced Fitness Appraisal and Lifestyle Counselling
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.	KIN 3510 KPER 3512 KIN 4460 KIN 4560	Physical Activity and Aging Principles of Fitness Training Fitness Appraisal and Lifestyle Counselling Advanced Fitness Appraisal and Lifestyle Counselling
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.	KIN 3510 KIN 4460 KIN 4560	Physical Activity and Aging Fitness Appraisal and Lifestyle Counselling Advanced Fitness Appraisal and Lifestyle Counselling
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.	KPER 3512 KIN 4460 KIN 4560	Principles of Fitness Training Fitness Appraisal and Lifestyle Counselling Advanced Fitness Appraisal and Lifestyle Counselling
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.	KIN 4460 KIN 4560	Fitness Appraisal and Lifestyle Counselling Advanced Fitness Appraisal and Lifestyle Counselling
8. Professional and Ethical Practice • Program Administration, including effective communication (oral and written). • Statistics and Research Methodologies in Health and Fitness. • Professional Ethics.	KPER 2200 KPER 2350 KPER 4100 KPER 4020	Planning Principles Introduction to Research Current Issues Philosphy of PA and Leisure
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