

**Southern Alberta Institute
of Technology (SAIT)**

**Fitness and Wellness
Management Diploma**

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	ANPH 209	Anatomy and Physiology
	FTNS 203	Biomechanics and 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.	FTNS 204	Psychology of Sport and Exercise
	HLTH 302	Physical Fitness Assessment and Program Design
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.	FTNS 205	Foundations in Strength and Conditioning
	FTNS 206	Strength and Resistance Exercise Training
	HLTH 302	Practical Application of Fitness Assessment
	FTNS 302	Practical Application of Fitness Assessment
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.	FTNS 205	Foundations in Strength and Conditioning
	FTNS 206	Strength and Resistance Exercise Training
	HLTH 302	Physical Fitness Assessment and Program Design
	FTNS 302	Practical Application of Fitness Assessment
Safety and Emergency Procedures May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.	HLTH 300	Athletic Injury Prevention and Care
Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.	HLTH 302	Physical Fitness Assessment and Program Design
	FTNS 302	Practical Application of Fitness Assessment

Last Reviewed: