

DURHAM COLLEGE

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:
<p>Human Anatomy, Human Physiology, and Exercise Physiology</p> <p>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</p>	<p>ALL OF: BIOL 1100 BIOL 1302 BIOL 2302</p>	<p>Functional Anatomy Exercise Physiology 1 Exercise Physiology 2</p>
<p>Theory and Methods of Behaviour Modification</p> <p>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.</p>	<p>ALL OF: PSYC 3300 HLTH 1310 HLTH 2200</p>	<p>Health Promotion and Behaviour Change Introduction to Wellness and Health Promotion Health Promotion and Community Development</p>
<p>Theory and Methods of Health-Related Physical Activity & Physical Fitness Assessment</p> <p>May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.</p>	<p>ALL OF: HLTH 1100 HLTH 1201 HLTH 2100</p>	<p>Fitness Assessment 1 Fitness Assessment 2 Fitness Assessment 3</p>
<p>Theory and Methods of Health-Related Exercise Prescription and Program Design</p> <p>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</p>	<p>ALL OF: HLTH 1202 HLTH 2102</p>	<p>Exercise Prescription 1 Exercise Prescription 2</p>
<p>Safety and Emergency Procedures</p> <p>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.</p>	<p>FITS 2302</p>	<p>Injury Management</p>
<p>Documentation, Administration and Professionalism</p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.</p>	<p>ALL OF: BUSI 2100 EDUC 1200</p>	<p>Business Practices Professional Practice and Standards</p>