

**BROCK UNIVERSITY**

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).

<b>CSEP-CPT Core Competency</b>	<b>Course Code:</b>	<b>Course title:</b>
<p><b>Human Anatomy, Human Physiology, and Exercise Physiology</b></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><b>ALL OF:</b> KINE 1P90 or HLSC 2P95 KINE 1P98 KINE 2P09 KINE 2P90</p> <p><b>Also Consider:</b> KINE 2P97</p>	<p>Human Systems Anatomy or Human Systems Anatomy Musculoskeletal Anatomy Human Physiology Physiological Responses to Physical Activity</p> <p>Muscle Physiology and Exercise Metabolism</p>
<p><b>Theory and Methods of Behaviour Modification</b></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>KINE 3P85</p> <p><b>Also Consider:</b> KINE 2P85 KINE 2P95 KINE 3P95 KINE 3Q93 KINE 4P65</p>	<p>Exercise Psychology</p> <p>Psychology of Health Behaviours Sport Psychology Applied Sport Psychology Knowledge Translation in Health Ed. Physical Activity Counselling for Kinesiologists</p>
<p><b>Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b></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>KINE 3P02</p> <p>KINE 3P91</p>	<p>Fitness Assessment and Exercise Prescription Across the Lifespan Training Principles</p>
<p><b>Theory and Methods of Health-Related Exercise Prescription and Program Design</b></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>KINE 3P02</p> <p>KINE 3P91</p>	<p>Fitness Assessment and Exercise Prescription Across the Lifespan Training Principles</p>
<p><b>Safety and Emergency Procedures</b></p> <p>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.</p>	<p>KINE 3P80</p>	<p>Care and Prevention of Injuries</p>
<p><b>Documentation, Administration and Professionalism</b></p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.</p>	<p>KINE 4P71</p>	<p>Healthcare Ethics</p>