

**CONCORDIA 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> EXCI 253 EXCI 254 EXCI 258</p> <p>EXCI 259</p>	<p>Human Anatomy 1: MSK Anatomy Human Anatomy 2: Systemic Anatomy Human Physiology I: Musculoskeletal, Neuromuscular, and Bioenergetic Systems from Rest to Exercise Human Physiology II: Cardiovascular and Respiratory Systems from Rest to Exercise</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>	EXCI 252	Introduction to Physical Activity, Health and Fitness
<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>	EXCI 252	Introduction to Physical Activity, Health and Fitness
<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>	EXCI 252	Introduction to Physical Activity, Health and Fitness
<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>	CATA 262 OR EXCI 352	Emergency Care in Sport and Exercise  Essentials of Exercise Testing and Training in Athletic Populations
<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>	KCEP 383 OR MANA 201 AND EXCI 252	Kinesiology and Clinical Exercise Physiology Internship I  Introduction to Business and Management  Introduction to Physical Activity, Health and Fitness