

MCGILL 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).

| 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: EDKP 395 ANAT 315 ANAT 316</p> <p>Consider also: PHGY 209 PHGY 210</p> | <p>Exercise Physiology Clinical Human Musculoskeletal Anatomy Clinical Human Visceral Anatomy</p> <p>Mammalian Physiology 1 Mammalian 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>EDKP 250</p> <p>AND ONE OF: EDKP 448 OR EDKP 498</p> | <p>Introductory Principles in Applied Kinesiology</p> <p>Exercise and Health Psychology</p> <p>Sport Psychology</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>EDKP 350</p> | <p>Physical Fitness Evaluation Methods</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>EDKP 495</p> <p>Consider also: EDKP 450</p> | <p>Scientific Principles of Training</p> <p>Advanced Principles in Applied Kinesiology</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>EDKP 311</p> | <p>Athletic Injuries</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>EDKP 250</p> <p>Consider also: EDKP 450</p> | <p>Introductory Principles in Applied Kinesiology</p> <p>Advanced Principles in Applied Kinesiology</p> |