

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:
<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>ANPH 209 FTNS 203</p>	<p>Anatomy and Physiology Biomechanics and Exercise Physiology</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>FTNS 204 HLTH 302</p>	<p>Psychology of Sport and Exercise Physical Fitness Assessment and Program Design</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>FTNS 205 FTNS 206 HLTH 302 FTNS 302</p>	<p>Foundations in Strength and Conditioning Strength and Resistance Exercise Training Practical Application of Fitness Assessment Practical Application of Fitness Assessment</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>FTNS 205 FTNS 206 HLTH 302 FTNS 302</p>	<p>Foundations in Strength and Conditioning Strength and Resistance Exercise Training Practical Application of Fitness Assessment Practical Application of Fitness Assessment</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>HLTH 300</p>	<p>Athletic Injury Prevention and Care</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>HLTH 302 FTNS 302</p>	<p>Physical Fitness Assessment and Program Design Practical Application of Fitness Assessment</p>