

SAULT 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:
Human Anatomy, Human Physiology, and Exercise Physiology 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	FIT111 PNG111 FIT124 FIT125 PNG121 FIT214	Functional Anatomy for Fitness Professionals Anatomy and Physiology I Exercise Physiology I Intro to Biomechanics Anatomy and Physiology II Exercise Physiology II
Theory and Methods of Behaviour Modification 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.	FIT210 FIT213 FIT221	Fitness and Lifestyle Counselling Health Promotion I Health Promotion II
Theory and Methods of Health-Related Physical Activity & Physical Fitness Assessment May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.	FIT112 FIT122 FIT121 FIT123 FIT212 FIT220	Intro to Physical Activity & Wellness Fitness Appraisals Physical Activity for Children & Youth Exercise for Special Populations Physical Activity and Wellness for Older Adults Advan. Exercise Assessment & Prescription
Theory and Methods of Health-Related Exercise Prescription and Program Design 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	FIT127 FIT211 FIT215 FIT220	Exercise Instruction for Healthy Adults Exercise Programming Group Exercise Advanced Exercise Assessment and Prescription
Safety and Emergency Procedures May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.	FIT122	Injury Prevention and Management
Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.	FIT110 FIT223 FIT224	Professional Standards and Communication Entrepreneurship in Fitness and Health Promotion Consolidating Placement and Career Prep