

UNIVERSITY OF WATERLOO

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: KIN 100/100L KIN 301/301L</p> <p>KIN 121/121L KIN 202/202L</p> <p>KIN 308</p>	<p>Human Anatomy Human Anatomy of the Central Nervous System Biomechanics of Human Activity Physiological and Metabolic Responses and Adaptations to Exercise Cardiovascular and Pulmonary 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>AHS 100 KIN 204/204L</p>	<p>Foundations of a Healthy Lifestyle Movement Assessment and Exercise Prescription</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>KIN 104/104L KIN 204/204L</p> <p>KIN 352</p>	<p>Fundamentals of Kinesiology Movement Assessment and Exercise Prescription Therapeutic Rehabilitation Techniques for Orthopedic Injuries</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>KIN 204/204L</p> <p>KIN 405</p>	<p>Movement Assessment and Exercise Prescription Exercise Management</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>KIN 104/104L KIN 204/204L</p> <p>KIN 492</p>	<p>Fundamentals of Kinesiology Movement Assessment and Exercise Prescription Chronic Disease Practicum</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>KIN 104/104L KIN 204/204L</p> <p>KIN 414</p> <p>KIN 492</p>	<p>Fundamentals of Kinesiology Movement Assessment and Exercise Prescription Exercise Management for Disease and Disability Chronic Disease Practicum</p>