

UNIVERSITY OF WINDSOR

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: 95-265 95-205 95-260</p>	<p>Functional Anatomy Introductory Exercise Physiology Physiology of Fitness</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>ALL OF: 95-302 95-211</p>	<p>Exercise Fitness Psychology Mental Skills Training</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>95-492</p> <p>AND ONE OF: 95-398 95-370</p>	<p>Lab Experiences in Human & Ex. Physiology</p> <p>PTA of Physical Fitness Scientific Basis of Conditioning</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>AND ONE OF: 95-398 95-370</p>	<p>PTA of Physical Fitness Scientific Basis of Conditioning</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>95-492</p> <p>AND ONE OF: 95-370 95-398</p>	<p>Lab Experiences in Human & Ex. Physiology</p> <p>Scientific Basis of Conditioning PTA of Physical Fitness</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>ALL OF: 95-398 95-492</p>	<p>PTA of Physical Fitness Lab Experiences in Human & Ex. Physiology</p>