

VANCOUVER ISLAND 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>KIN 201 KIN 220 KIN 302 KIN 301 KIN 253</p>	<p>Human Anatomy Human Physiology Exercise Physiology Advanced Anatomy Intro. to Human Nutrition</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>KIN 232 KIN 262 KIN 351 KIN 360 KIN 460</p>	<p>Exercise Prescription Intro. to Sport Psychology Human Wellness Physical Activity and Public Health Psychosocial Aspects of Physical Activity</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 131 KIN 132 KIN 232 KIN 302</p>	<p>Strength and Conditioning Fitness and Conditioning Exercise Prescription Exercise Physiology</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 131 KIN 132 KIN 203 KIN 232 KIN 302</p>	<p>Strength and Conditioning Fitness and Conditioning Instructional Strategies for Sport and Physical Exercise Prescription Exercise Physiology</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 365 KIN 401</p>	<p>Active and Healthy Aging Injury Management of Physical Activity and Sport</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 232 KIN 371</p>	<p>Exercise Prescription Professional Practice in Kinesiology</p>