

YORK 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:
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	ALL OF: HH/KINE 2011 HH/KINE 3012 HH/KINE 2031 HH/KINE 4010	Human Physiology 1 Human Physiology 2 Human Anatomy Exercise Physiology
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.	HH/KINE 3000 OR HH/KINE 3400	Psychology of Physical Activity and Health Fitness Consulting and Personal Fitness Training
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.	HH/KINE 1020 OR HH/KINE 3400	Fitness and Health Fitness Consulting and Personal Fitness Training
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	HH/KINE 3570 OR HH/KINE 3400	Theory and Methodology of Training Fitness Consulting and Personal Fitness Training
Safety and Emergency Procedures May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.	HH/KINE 2490 OR HH/KINE 3400	Athletic Therapy I Fitness Consulting and Personal Training
Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.	HH/KINE 3400 OR HH/KINE 4430	Fitness Consulting and Personal Training Business Skills for Sport and Fitness Professionals