

**CAMBRIAN 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).

<b>CSEP-CPT Core Competency</b>	<b>Course Code:</b>	<b>Course title:</b>
<p><b>Human Anatomy, Human Physiology, and Exercise Physiology</b></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><b>ALL OF:</b> BIO 1800 B10 2121 FHP 2316</p>	<p>Musculoskeletal Foundations Anatomy, Physiology &amp; Disease Exercise Physiology</p>
<p><b>Theory and Methods of Behaviour Modification</b></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><b>ALL OF:</b> HEA 1190 FLM 1101 FHP 2400 FHP 1201 FHP 3410</p>	<p>Health Promotion Mental Training for Exercise Nutrition for Health Nutrition for Performance Recreation Trends</p>
<p><b>Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b></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>FHP 1150 FHP 1250 FHP 2440 FHP 1402</p>	<p>Group Exercise Resistance Training</p>
<p><b>Theory and Methods of Health-Related Exercise Prescription and Program Design</b></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>FHP 1300 FHP 3500</p>	<p>Lifespan Exercise Programming Exercise for Special Populations</p>
<p><b>Safety and Emergency Procedures</b></p> <p>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.</p>	<p>HEA 2030 FHP 1301</p>	<p>MSK Therapeutic Exercise Outdoor Recreation and Fitness</p>
<p><b>Documentation, Administration and Professionalism</b></p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.</p>	<p>MKT 1104 ENG 1121 FHP 2421 FHP 1400 FHP 1403 FHP 1200</p>	<p>Marketing Essentials Research &amp; Writing for Health Sciences Career Development Event Management Field Placement Recreation Management</p>