

NIAGARA 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).

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: PHLT 1140 ANAT 1220 PHLT 1220</p>	<p>Physiology Musculoskeletal Anatomy Exercise 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>PHLT 1122 PHLT 1262 PHLT 1222 PHLT 1325</p>	<p>Valuing Healthy Living Leadership and Counselling Fitness Assessment I Community Health Promotion</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>PHLT 1222 PHLT 1323</p>	<p>Fitness Assessment I Fitness Assessment II</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>PHLT 1122 PHLT 1223 PHLT 1324 PHLT 1221 PHLT 1328 PHLT 1428 PHLT 1427 PHLT 1429</p>	<p>Valuing Healthy Living Exercise Leadership Training Techniques I Exercise Prescription Special Populations 1 Special Populations 2 Personal Training Training Techniques II</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>PHLT 1324 PHLT 1421 PHLT 1427</p>	<p>Training Techniques I Prev. and Treatment of Ath. Injuries Personal Training</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: PHLT 1290 PHLT 1427 PHLT 1221</p>	<p>Fitness Marketing and Entrepreneurship Personal Training Exercise Prescription</p>