

ALGONQUIN 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: FIT 2215 FIT 2217 FIT 2225 FIT 0017</p>	<p>Physiology Anatomy Exercise Physiology Applied Anatomy</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: FIT 2220 FIT 2212</p>	<p>Fitness Assessment Intro to Fitness and Wellness</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>FIT 2220 FIT 0027 FIT 0037</p>	<p>Fitness Assessment Personal Training Fundamentals Personal Training Application</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>ALL OF: FIT 0027 FIT 0037 FIT 2222 FIT 2240</p>	<p>Personal Training Fundamentals Personal Training Application Mechanics of Exercise Programming for Diverse Populations</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>FIT 2230 FIT 0020</p>	<p>Athletic Injuries Fitness Operations</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: FIT 0043 FIT 2242 ENL1832C FIT 0042 FIT 0020</p>	<p>Fitness Management Customer Service Marketing and Entrepreneurship Report Writing for Recreation Fitness Business Management Fitness Operations</p>