

LAURENTIAN 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>ALL OF: PHED 3126 EL BIOL 2105 PHED 2516 PHED 2517</p>	<p>Physiology of Exercise Human Anatomy and Physiology Musculo-Skeletal Anatomy Applied Human 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>PHED 4226 PHED 3061</p>	<p>Fitness and Lifestyle Consulting Exercise Psychology</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>PHED 4006 EL PHED 3805 PHED 4137</p>	<p>Fitness Evaluation and Prescription Functional Assessment Clinical Biomechanics</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>PHED 4006 EL PHED 3209 PHED 3229</p>	<p>Fitness Evaluation and Prescription Therapeutic Exercise Gerontology and Exercise</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>ALL OF: PHED 3219 EL PHED 4006 EL PHED 3136 PHED 3209</p>	<p>Basic Principles of Weight Training Fitness Evaluation and Prescription Research and Professional Ethics In Kin. Therapeutic Exercise</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>PHED 2307 EL PHED 3136</p>	<p>Program Organization in Physical and Health Education Research and Professional Ethics in Kinesiology</p>