

ST. FRANCIS XAVIER 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><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>ALL OF:</p> <p>HKIN 161 HKIN 162 HKIN 265</p>	<p>Applied Human Physiology Applied Human Anatomy 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>HKIN 136</p>	<p>Foundations of Sport and Exercise Psychology</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>HKIN 456</p>	<p>Fitness Assessment and Exercise</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>HKIN 456 OR HKIN 345</p>	<p>Fitness Assessment and Exercise Essentials of Personal Training</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>HKIN 222</p>	<p>Care and Prevention of Athletic Injuries</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>SMGT 101 or HKIN234</p>	<p>Introduction to Sport Management Coach Leadership and Planning</p>