

WESTERN 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; KIN1060 KIN2230</p>	<p>Functional Human Gross Anatomy Introduction to 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>KIN 1070</p>	<p>Psychology of Human Movement Science</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>ALL of; KIN2992 KIN3337</p>	<p>Fitness Assessment and Strength Training Physiology of Fitness Appraisal</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>One of; KIN2992 KIN3337 KIN2993</p>	<p>Fitness Assessment and Strength Training Physiology of Fitness Appraisal Lifestyle, Individual Fitness and Exercise</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>KIN2236</p>	<p>Introduction to 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>One of; KIN2298 KIN3337 or KIN2992</p>	<p>Introduction to Management in Kinesiology Physiology of Fitness Appraisal Fitness Assessment and Strength Training</p>