

**UNIVERSITY OF THE FRASER VALLEY**

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).

<b>CSEP-CPT Core Competency</b>	<b>Course Code:</b>	<b>Course title:</b>
<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: KIN 170 KIN 270 KIN 272 KIN 163</p>	<p>Basic Human Anatomy Human Physiology 1 Human Physiology 2 Intro. 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 103 and one of: KIN 266 or KIN 366</p>	<p>Concepts of Physical Fitness Exercise and Sport Psychology Counseling Skills for Fitness</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>KIN 103 and KIN 163</p>	<p>Concepts of Physical Fitness Intro. to Exercise Physiology</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>KIN 103</p>	<p>Concepts of Physical Fitness</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>KIN 103 and KIN 371</p>	<p>Concepts of Physical Fitness Introduction to Athletic Therapy</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>KIN 451 or all of: KIN 360  KIN 371</p>	<p>Program Planning for Health Promotion Health Programming Across the Lifespans Introduction to Athletic Injuries</p>