

Trinity Western University

Approved CSEP Recommended Course Maps identify courses recognized by CSEP as satisfying the associated core competency area. Courses not listed in this Recommended Course Map may still satisfy the associated core competency area upon review by CSEP. Candidates must meet all requirements including coursework to be approved to challenge exams.

CORE COMPETENCIES	COURSE CODE	COURSE TITLE
1. Anatomy, Biomechanics, and Exercise Physiology <ul style="list-style-type: none"> Functional anatomy, biomechanics, and exercise physiology as it applies to fitness assessment, exercise prescription, demonstration of exercise, and exercise education of the client(s) related to physical activity/exercise, fitness, and health. Exercise physiology and its application to submaximal and maximal exercise, acute bouts of exercise and chronic exercise (training) for both men and women of all ages. The impact of physical activity and exercise training on all of the body system. 	All of: HKIN 191 HKIN 298 BIOL 241 BIOL 242 HKIN 446 HKIN 470	Introduction to Exercise Physiology Introduction to Biomechanics Human Anatomy & Physiology I Human Anatomy & Physiology II Advanced Human Anatomy Advanced Exercise Physiology
2. Health Behaviour Change and Education <ul style="list-style-type: none"> Health and exercise psychology and behavior change theory and application. Client education in areas of nutrition and weight management, sleep, sedentary behaviour. 	All of: FNDN102 HKIN 292 HKIN 340 HKIN 420 HKIN 492	Human Flourishing Social Determinants of Health & Physical Act. Psychology of Sport & Exercise Sport & Exercise Nutrition Health Promotion
3. Client Pre-participation Screening (& pharmacology) <ul style="list-style-type: none"> Proper use of pre-screening tools and the ability to gather client subjective history Describe the effect of common medications on rest and exercising responses 	All of: HKIN 303 HKIN 453 HKIN 475	Advanced Principles of Strength Training Adapted Physical Activity Clinical Exercise Physiology
4. Advanced Exercise & Health Assessment for Apparently Healthy Populations <ul style="list-style-type: none"> Develop and select appropriate assessments and implement valid reliable testing protocols. Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately. 	HKIN 303 HKIN 428	Advanced Principles of Strength Training Exercise Testing & Prescription
5. Advanced Exercise & Health Assessment for Chronic Conditions <ul style="list-style-type: none"> Develop and select appropriate assessments and implement valid reliable testing protocols for clinical population. Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately for clinical populations. 	All of: HKIN 453 HKIN 465 HKIN 475	Adapted Physical Activity Physical Activity & Aging Clinical Exercise Physiology
6. Advanced Exercise Prescription for Apparently Healthy Populations <ul style="list-style-type: none"> Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program). Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility and a healthy body composition. Demonstration of exercises and the use of exercise equipment. Monitoring activity and providing appropriate progression. 	All of: HKIN 201 HKIN 303 HKIN 428	Strength and Conditioning Advanced Principles of Strength Training Exercise Testing & Prescription
7. Advanced Exercise Prescription for Chronic Conditions <ul style="list-style-type: none"> Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program). Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility and a healthy body composition. Demonstration of exercises and the use of exercise equipment. Monitoring activity and providing appropriate progression. Knowledge of the physiology, pathophysiology, clinical management, contraindications, precautions and exercise modifications for the following; Cardiopulmonary, metabolic, pulmonary, musculoskeletal, neurological, cancer, musculoskeletal injuries, and mental health. 	All of: HKIN 372 HKIN 428 HKIN 453 HKIN 465 HKIN 475	Athletic Injuries Exercise Testing & Prescription Adapted Physical Activity Physical Activity & Aging Clinical Exercise Physiology
8. Professional and Ethical Practice <ul style="list-style-type: none"> Program Administration, including effective communication (oral and written). Statistics and Research Methodologies in Health and Fitness. Professional Ethics. 	All of: STAT 102 or PSYC 207 HKIN 325 HKIN 351 HKIN 375	Intro to Probability and Statistics or Data Analysis Socio-Cultural & Philosophical Aspects of Sport & Leisure Leadership & Management
LAST REVIEWED:	2024-09-30	