

TRINITY 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>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: HKIN 191 BIOL 241 BIOL 242 HKIN 470 HKIN 446</p>	<p>Introduction to Exercise Physiology Human Anatomy & Physiology I Human Anatomy & Physiology II Advanced Exercise Physiology Advanced Human Anatomy</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>ALL OF: FNDN 102 HKIN 292 HKIN 340 HKIN 440 HKIN 492</p>	<p>Human Flourishing Social Determinants of Health & Physical Act. Psychology of Sport & Exercise Applied Mental Skills in Sport and Fitness Health Promotion</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>ALL OF: HKIN 191 HKIN 303 HKIN 428 HKIN 470</p>	<p>Introduction to Exercise Physiology Advanced Principles of Strength Training Exercise Testing & Prescription Advanced Exercise Physiology</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>ALL OF: HKIN 191 HKIN 201 HKIN 303</p>	<p>Introduction to Exercise Physiology Strength and Conditioning Advanced Principles of Strength Training</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>HKIN 372</p>	<p>Athletic Injuries</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>HKIN 382</p>	<p>Professionalism and Jurisprudence</p>