

UNIVERSITY OF BRITISH COLUMBIA

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: KIN 110 KIN 131 KIN 132 KIN 235</p>	<p>All of: Human anatomy Systems physiology I Systems physiology II Exercise physiology I</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: KIN 120 KIN 150</p> <p>Suggest one of: KIN 320 KIN 341 KIN 453</p>	<p>All of: Health and exercise management Sport and exercise psychology</p> <p>Suggest one of: Exercise testing and prescription Physical activity and disability Understanding and changing PA</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: KIN 120 KIN 235 KIN 320</p>	<p>All of: Health and exercise management Exercise physiology I Exercise testing and prescription</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: KIN 120 KIN 320</p>	<p>All of: Health and exercise management Exercise testing and prescription</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>One of: KIN 320 KIN 420</p>	<p>One of: Exercise testing and prescription Prevention of sports 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>One of: KIN 320 KIN 483M</p>	<p>One of: Exercise testing and prescription Professional Practice in Kinesiology or equivalent online modules</p>