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THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

CSEP Clinical Exercise Physiologist™ Recommended Course Map

University of British Columbia

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 • 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: KIN 110 KIN 131 KIN 132 KIN 216 KIN 235 Suggest: KIN 316	 Human Anatomy Systems Physiology I Systems Physiology II Biomechnics Exercise Physiology I Mechanical Properties of Tissue
2. Health Behaviour Change and Education • Health and exercise psychology and behavior change theory and application. • Client education in areas of nutrition and weight management, sleep, sedentary behaviour.	All of: KIN 120 KIN 150 KIN 232 One of: KIN 320 KIN 351 KIN 453	 Health and Exercise Management Sport and Exercise Psychology Nutrition, PA and Health Ex. Testing and Rx PA and Disability Understanding and Changing Physical Activity Behaviour
3. Client Pre-participation Screening (& pharmacology) • 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: KIN 120 KIN 320	 Health and Exercise Management Exercise Testing and Prescription
4. Advanced Exercise & Health Assessment for Apparently Healthy Populations • Develop and select appropriate assessments and implement valid reliable testing protocols. Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately.	All of: KIN 120 KIN 235 KIN 320 KIN 335	 Health and Exercise Management Exercise Physiology I Exercise Testing and Prescription Adv. Applications of Ex. Physiology
5. Advanced Exercise & Health Assessment for Chronic Conditions • 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: KIN 320 KIN 335 Suggest: KIN 420 CEP Exam Prep Workshop	 Exercise Testing and Prescription Adv. Applications of Ex. Physiology Prevention of Sports Injuries Contact: UBC KIN CEP - Andre Pelletier for details
6. Advanced Exercise Prescription for Apparently Healthy Populations • 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: KIN 120 KIN 235 KIN 320 Suggest: KIN 438 KIN 434 KIN 483b	 Health and Exercise Management Exercise Physiology I Exercise Testing and Prescription Skeletal Muscle Physiology Exercise, Nutrition and Metabolism Coaching Skills for S and C
7. Advanced Exercise Prescription for Chronic Conditions • 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: KIN 320 KIN 420 Suggest: KIN 341 KIN 438 KIN 411 KIN 424 KIN 415 Work Integrated Learning (WIL)	 Exercise Testing and Prescription Prevention of Sports Injuries Physical Activity and Disability Skeletal Muscle Physiology Neuroanatomy of Human Movement Medical Aspects of Sport and Exercise Sensorimotor Neuroplasticity in Movement and Exercise Exercise Setting WIL
8. Professional and Ethical Practice • Program Administration, including effective communication (oral and written). • Statistics and Research Methodologies in Health and Fitness. • Professional Ethics.	All of: KIN 205 KIN 206 KIN 483M	 Research Methods in Kinesiology Intro. to Statistics in Kinesiology Professional Practice in Kinesiology (or equivalent online modules)
LAST REVIEWED:	2024-10-08	