

Nipissing 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>PHED 1206 PHED 1207 PHED 2217 PHED 3006 PHED 4006</p>	<p>Systemic Approach to Functional Human Anatomy I* Systemic Approach to Functional Human Anatomy II* Systemic Approach to Integrated Human Physiology* Exercise Physiology I* Exercise Physiology II</p> <p>*Denotes required course to graduate</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>PHED 1017 PHED 2026 PHED 3076 PHED 4007</p>	<p>Health Concepts in Physical Education* Sport and Exercise Psychology* Health Promotion Health and Exercise Psychology</p> <p>*Denotes required course to graduate</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>PHED 3046 PHED 4086 PHED 4136</p>	<p>Physical Fitness Principles, Prescription & Assessment* Musculoskeletal Assessment and Exercise Prescription Exercise Management for Persons with Chronic Diseases</p> <p>* Denotes required course to graduate</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>PHED 3046 PHED 4086 PHED 4136</p>	<p>Physical Fitness Principles, Prescription & Assessment* Musculoskeletal Assessment and Exercise Prescription Exercise Management for Persons with Chronic Diseases</p> <p>* Denotes required courses to graduate</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>PHED 2056 PHED 4086</p>	<p>Injury Prevention and Care Musculoskeletal Assessment and Exercise Prescription</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>PHED 1037 PHED 3046</p>	<p>Leadership and Professionalism* Physical Fitness Principles, Prescription & Assessment*</p> <p>* Denotes required course to graduate</p>