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THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

CSEP Clinical Exercise Physiologist™ Recommended Course Map

Capilano 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 • 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.	KINE 190 KINE 191 KINE 206 KINE 151 KINE 275 KINE 375	Human Physiology I Human Physiology II Applications of Functional Anatomy Biomechanics Exercise Physiology Advanced Exercise Physiology
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.	KINE 103 KINE 231 KINE 331	Active Health Mental Theories in Sport Health Behaviour Change
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	KINE 103 KINE 306	Active Health Principles of Strength and Conditioning
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.	KINE 103 KINE 306	Active Health Principles of Strength and Conditioning
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.	KINE 405 KINE 495	Exercise Management in Symptomatic Populations Neuro-Motor Movement Control and Rehabiliation
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.	KINE 103 KINE 306 KINE 375	Active Health Principles of Strength and Conditioing Advanced Exercise Physiology
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.	KINE 405 KINE 495	Exercise Management in Symptomatic Populations Neuro_Motor Movement Control and Rehabilitation
8. Professional and Ethical Practice • Program Administration, including effective communication (oral and written). • Statistics and Research Methodologies in Health and Fitness. • Professional Ethics.	KINE 103 KINE 329 KINE 301 KINE 302 KINE 296 KINE 396	Active Health Ethics in Human Kinetics Research Methods Data Analysis Career Seminar Career and Professional Preparation
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