

Course and Certificate Program Continuing Education Credits (CECs) and Continuing Education Units (CEUs) Summary

Dear Students,

Please review the following certificate programs below (scroll down the page to view your certificate program) to find the Continuing Education Credits (CECs) and Continuing Education Units (CEUs) provided by each of the national organizations/associations.

Online Certificate in Personal Fitness Training and Online Advanced Certificate in Personal Fitness Training

The following National Organizations/Associations have approved the Personal Fitness Training and the Advanced Personal Fitness Training program/courses for Continuing Education Credits/Units (CECs/CEUs):

- The **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **American Dietetic Association (ADA)** has approved the Certificate in Personal Training program for 150 Continuing Professional Education Units (CPEUs), the Advanced Certificate program for 90 CPEUs, and the Optional Field Internship Course for 60 CPEUs for both Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).
- The American Senior Fitness Association (SFA) / 2.0 CEUs per course
- The National Council on Strength and Fitness (NCSF) / 10 CEUs per course
- The National Federation of Professional Trainers (NFPT) / 1 CEC per course, equivalent to an entire 6 month CEC requirement.

Online Certificate in Fitness Business Management

The following National Organizations/Associations have approved each Fitness Business Management course for CEC/CEUs:

- The American Senior Fitness Association (SFA) / 2.0 CEUs per course.
- The Health and Fitness Professionals Association (HFPA) / 30 CECs per course and the Optional Field Internship 60 CECs.
- The National Council on Strength and Fitness (NCSF) / 10 CEUs per course
- The National Federation of Professional Trainers (NFPT) / 1 CEC per course, equivalent to an entire 6 month CEC requirement.
- The National Strength and Professional Association (NSPA) / 2 CEUs per course.

Online Certificate in Nutrition for Optimal Health, Wellness, and Sports

The following National Organizations/Associations have approved the Nutrition for Optimal Health, Wellness, and Sports program/courses for Continuing Education Credits/Units (CECs/CEUs):

- The **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **American Dietetic Association (ADA)** has approved the Certificate in Nutrition program for 120 Continuing Professional Education Units (CPEUs)/ or 30 (CPEUs) per each individual course taken separately for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).
- The American Senior Fitness Association (SFA) / 2.0 CEUs per course
- The American Senior Fitness Association (SFA) / 2.0 CEUs per course
- The Health and Fitness Professionals Association (HFPA) / 30 CECs per course
- The National Council on Strength and Fitness (NCSF) / 10 CEUs per course
- The National Federation of Professional Trainers (NFPT) / 1 CEC per course, equivalent to an entire 6 month CEC requirement.
- The National Strength Professional Association (NSPA) / 2 CEUs per course

Online Certificate in Personal Training and Group Exercise Training for Older Adults

The following National Organizations/Associations have approved each Personal Training and Group Exercise Training for Older Adults course for CEC/CEU's:

- The American Senior Fitness Association (SFA) / 2.0 CEUs per course
- The Health and Fitness Professionals Association (HFPA) / 30 CECs per course and the Optional Field Internship 60 CECs.
- The National Council on Strength and Fitness (NCSF) / 10 CEUs per course
- The National Federation of Professional Trainers (NFPT) / 1 CEC per course, equivalent to an entire 6 month CEC requirement.
- The National Strength Professional Association (NSPA) / 2 CEUs per course

Online Certificate in Women's Exercise Training and Wellness

The following National Organizations/Associations have approved each Women's Exercise Training and Wellness course for CEC/CEU's:

- The American Senior Fitness Association (SFA) / 2.0 CEU's per course.
- The Health and Fitness Professionals Association (HFPA) / 30 CECs per course
- The National Council on Strength and Fitness (NCSF) / 10 CEUs per course
- The National Federation of Professional Trainers (NFPT) / 1 CEC per course, equivalent to an entire 6 month CEC requirement.
- The National Strength Professional Association (NSPA) / 2 CEUs per course