

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 in **fitness and/or nutrition**) 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 each Personal Fitness Training and Advanced Personal Fitness Training course for Continuing Education Credits/Units (CECs/CEUs):

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs
CSCS, NSCA-CPT (excludes the Business Administration course)
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- The **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **Academy of Nutrition and Dietetics (AND, formally ADA)** has approved the Certificate in Personal Training program for 50 Continuing Professional Education Units (CPEUs), the Advanced Certificate program for 30 CPEUs, and the Optional Field Internship Course for 10 CPEUs for both Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs). Each course is 10 CPEUs

Online Certificate in Fitness Business Management

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

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- National Strength Professional Association (NSPA) / 2 CEUs

Online Certificate in Family Nutrition

The following National Organizations/Associations have approved each Family Nutrition course for Continuing Education Credits/Units (CECs/CEUs):

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **Academy of Nutrition and Dietetics (AND, formally ADA)** has approved the Certificate in Family Nutrition program for 20 Continuing Professional Education Units (CPEUs)/ or 10 (CPEUs) per each individual course taken separately for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).

Online Certificate in Functional Nutrition

The following National Organizations/Associations have approved each Functional Nutrition course for Continuing Education Credits/Units (CECs/CEUs):

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **Academy of Nutrition and Dietetics (AND, formally ADA)** has approved the Certificate in Functional Nutrition program for 20 Continuing Professional Education Units (CPEUs)/ or 10 (CPEUs) per each individual course taken separately for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).

Online Certificate in Sports Nutrition and Performance

The following National Organizations/Associations have approved each Sports Nutrition and Performance course for Continuing Education Credits/Units (CECs/CEUs):

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs
CSCS, NSCA-CPT
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- National Strength Professional Association (NSPA) / 2 CEUs
- **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **Academy of Nutrition and Dietetics (AND, formally ADA)** has approved the Certificate in Sports 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).

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 required course for CEC/CEU's:

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs
CSCS, NSCA-CPT (excludes the Business Management course)
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- The National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- The National Strength Professional Association (NSPA) / 2 CEUs

Online Certificate in School Nutrition and Wellness

The following National Organizations/Associations have approved each School Nutrition course for Continuing Education Credits/Units (CECs/CEUs):

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **Academy of Nutrition and Dietetics (AND, formally ADA)** has approved the Certificate in School Nutrition program for 20 Continuing Professional Education Units (CPEUs)/ or 10 (CPEUs) per each individual course taken separately for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).

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:

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs
CSCS, NSCA-CPT (excludes the Medically Based Fit. course)
- International Sports Science Association (ISSA) / 10 CECs
- The American Senior Fitness Association (SFA) / 2.0 CEUs
- The Health and Fitness Professionals Association (HFPA) / 30 CECs
- The National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- The National Strength Professional Association (NSPA) / 2 CEUs

Please see below for information on Educational Fitness Solutions CEC/CEU Providership information for each national association/organization (if applicable):

1. The American College of Sports Medicine's Professional Education Committee certifies that Educational Fitness Solutions, Inc. meets the criteria for official Providership. **Providership # 672784**
2. National Strength and Conditioning Association Certification Committee approved 10 CEUs for CSCS and NSCA-CPT certificants who successfully complete an approved course, (**Provider #: K1034**)

3. International Sports Science Association, (**Provider #: 5563**).
4. Academy of Nutrition and Dietetics/Commission on Dietetic Registration, **Provider: EF010 Educational Fitness Solutions**