

**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 Council on Strength and Fitness (NCSF) / 10 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs

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
- National Council on Strength and Fitness (NCSF) / 10 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- 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
- National Council on Strength and Fitness (NCSF) / 10 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs

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
- National Council on Strength and Fitness (NCSF) / 10 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs

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 Council on Strength and Fitness (NCSF) / 10 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- National Strength Professional Association (NSPA) / 2 CEUs

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 Council on Strength and Fitness (NCSF) / 10 CEUs
- 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 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
- National Council on Strength and Fitness (NCSF) / 10 CEUs
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs

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 Council on Strength and Fitness (NCSF) / 10 CEUs
- 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 Strength Professional Association (NSPA) / 2 CEUs

Please see below for information on Educational Fitness Solutions CEC/CEU Provider 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. International Sports Science Association (**Provider #: 5563**).
3. National Council on Strength and Fitness (**Provider #: 280229005**)