

Continuing Education Credits

Are you wondering how you can obtain your Continuing Education Credits (CECs) requirements as a SPRA Certified Fitness Leader?

SPRA Certified Fitness Leaders who have attended any professional development opportunities (which can take the form of conferences, courses, lectures and/or seminars) may apply for credits to use towards their certification renewal. Documented proof of a minimum of 12 CECs over a two- year period (6 CECs per year) is required in order for a Fitness Leader to remain current.

SPRA Fitness Leaders can satisfy their CECs by attending the following types of professional development opportunities (application and approval is needed):

Theory Workshops or Courses

These are designed to increase the understanding of facts, concepts, research and theories. The teaching format is one or a combination of lecture, group work, reading or other learning strategies intended for increasing knowledge. Movement may be a part of the learning process but only to illustrate, reinforce or analyze the new knowledge. Sample theory workshop or course topics include but are not limited to:

Anatomy	Safety Tips
Health	New Research/Trends
Injury Prevention	Physiology of Exercise
Nutrition	Exercise Analysis

Practical Workshops or Conferences

Note: SaskFit is one of the best options for obtaining 12 CECs.

These are designed to increase the diversity of exercise design. Practical workshops or conferences must have some elements of theory and leadership to enhance the practical components. Sample topics include but are not limited to:

Special Populations (i.e. Older Adults, Youth, Persons with a Disability)	Specialty Classes (i.e. Step, Aqua, Group Cycle, Resistance Training, Mind/Body)
Choreography	Use Of Equipment

Leadership Workshops or Courses

These are designed to increase the leader's understanding of human behavior, understanding either a leader's own behavior or others. Sample leadership topics include but are not limited to:

Motivation	Advocacy
Group Dynamics	Communication
Community Engagement	Facilitation/Presentation Skills
Adult Education	Leadership Theories
Behavior Change	Goal Setting



All SPRA Fitness Leaders must submit **12 CECs** every 2 years as part of the certification renewal process. Below is a chart that depicts how CEC applications are assessed. It includes a list of CEC categories and details and the corresponding number of CECs that are awarded for each.

Individuals must complete a [CEC Application Form](#) in order to receive credits from SPRA for items listed below, with the exception of the annual SaskFit Conference or courses that have been assigned CECs on the SPRA website.

List of CECs Categories	Category Details	Number of CECs Awarded
Professional Specific Scientific Research and Applications Conferences with a focus on Physical Activity/Fitness	Professional association conferences that have a healthy lifestyle focus (i.e. SaskFit , other NFLA provincial conferences, IDEA)	12 credits for multi-day (at least 2 days) conference attendance
		6 credits per day conference attendance
Fitness Advisory Committee SaskFit Committee	Committee Member	12 credits per two year cycle
Peer Reviewed Publications (Research Journal Articles, position statements, etc.): Reviewed by experts (PhD) in related area	Authoring or co-authoring a peer reviewed journal article, chapter in a book – the content which is related to physical activity/fitness	5 credits per article or book per two year cycle
Non Peer Reviewed Commercial Fitness Publications	Newsletters or magazines – the content of which is related to physical activity/fitness	3 credits per article (maximum of one article per year)
Teaching university degree academic courses or college diploma courses	Delivered at an accredited college or university. The content of these courses must be specific to physical activity/fitness	6 credits for teaching a full year course
		3 credits for teaching a half year course
Teaching/instructing non-diploma or non-degree courses/continuing education courses	Usually delivered through Distance Education, Continuing Education – content must be specific to physical activity/fitness	5 credits for teaching a half year course per two year cycle
Attending university degree academic courses or college diploma courses	Delivered by an accredited college or university. The content of these courses must be specific to physical activity/fitness	6 credits for attending a full year course
		3 credits for attending a half year course
Attending non-diploma or non-degree online courses/educational opportunities	Usually delivered through Distance Education, Continuing Education – content must be specific to physical activity/fitness	5 credits for attending a half year course per two year cycle
Courses/workshops offered by local, private, club, commercial fitness consulting and/or fitness certification agencies	Offered by other fitness or allied health practitioners. Additional SPRA Certification Modules (Group Exercise, Aquatic Exercise, Exercise for Older Adults, Cycling, Yoga, Pre/Postnatal) Courses Not Accepted: <ul style="list-style-type: none"> Practicums, internships, mentoring and teaching hours CPR and/or First Aid Instructor certifying courses 	1 credit for every hour of presenting or attendance to a maximum of 6 per day