



Continuing Education Credits

Are you wondering how you can obtain your Continuing Education Credits (CECs) requirement as an 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 toward 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 required):

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
- Health
- Injury prevention
- Nutrition
- Safety tips
- New research/trends
- Physiology of exercise
- Exercise analysis

Practical Workshops or Conferences

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, etc.)
- Choreography
- Specialty classes (i.e. step, aqua, group cycle, resistance training, mind/body, etc.)
- Use of equipment

Leadership Workshops or Courses

These are designed to increase the Leader's understanding of human behavior, be it an understanding of the Leader's own behavior or an understanding of the behavior of others. Sample topics include but are not limited to:

- Motivation
- Group dynamics
- Community engagement
- Adult education
- Behavior change
- Advocacy
- Communication
- Facilitation/presentation skills
- Leadership theories
- Goal setting



All SPRA-Certified Fitness Leaders must submit a **minimum of 12 CECs** every two 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 the details corresponding to the number of CECs that are awarded for each.

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

CEC 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 FLC provincial conferences, IDEA, etc.)	12 credits for multi-day (at least 2 days) conference attendance
		6 credits per day conference attendance
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 must be related to physical activity/fitness	5 credits per article or book (maximum of one publication per two-year cycle)
Non Peer Reviewed Commercial Fitness Publications	Newsletters or magazines. The content must be 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 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. The content must be specific to physical activity/fitness	5 credits for teaching a half year course (maximum one of one course per two-year cycle)
Attending university degree, academic courses, or college diploma courses	Delivered by an accredited college or university. The content 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. The content must be specific to physical activity/fitness	5 credits for attending a half year course (maximum one 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 (i.e. Group Exercise, Aquatic Exercise, Exercise for Older Adults, Cycling, Yoga, Pre/Postnatal, etc.) Courses not accepted: <ul style="list-style-type: none"> - Practicums, internships, mentoring, and teaching hours - CPR and/or First Aid instructor certification or recertification courses 	1 credit for every hour of presenting or attendance (maximum of 6 credits per day)