

### Fitness NB Certified Member Pre-approved Continuing Education Credits (CEC's)

All Fitness NB Certified members must submit Continuing Education Credits (CEC's) every 2 years as part of the re-certification process. Below is a list of pre-approved credits.

Everyone will receive a notice of CECs due with their renewal information.

List of CEC Categories	Category Details	Number of CECs Awarded
<b>Conferences</b>	<i>Fitness NB Annual Conference</i>	9 credits per full day 3 per half day conference attendance. 1.5 credits per session
		3 credits for attending AGM
		5 credits per session for being a presenter
	<i>Other professional association scientific conferences that have a healthy lifestyle focus</i>	8 credits for one day conference attendance
		4 credits for half day conference attendance
		5 credits per session for being a presenter or per: free communication or poster
	<i>Offered by other fitness commercial enterprises</i>	5 credits for each day of attendance at the conference
		5 credits for being a presenter at the conference
	<b>Fitness NB Provincial or Regional Committee Work</b>	<i>Chair</i>
<i>Committee Member</i>		5 credits
<i>Subcommittee Member</i>		5 credits
<b>Seminars/Workshops offered by Local, Private, Club or Commercial Fitness Consulting and/or Fitness Certification Agencies</b>	<i>Offered by FNB and other fitness or allied health practitioners.</i>	1 credit for every hour of presenting, teaching or attendance to a maximum of 15 credits in a two year cycle
<b>Non-diploma or non-degree courses/continuing educational opportunities - post certification pursuits</b>	<i>Usually delivered through Distance Education, Continuing Education, the content must be specific to physical activity/exercise science and associated lifestyle fitness applications</i>	5 credits for taking a course to a maximum of 3 courses per two year cycle
<b>Proof of passing the test questions related to featured article that appear in scientific professional journals for fitness practitioners</b>	<i>Usually delivered by recognized Professional Fitness Associations that have both research and practitioner branches: CSEP, ACSM, NSCA</i>	3 credits per featured article to a maximum of 3 articles per two year cycle
<b>Proof of passing the test questions related to featured article that appear in newsletters or online provincial associations.</b>	<i>Usually delivered by recognized Professional Fitness Associations: NFLA partners, Human Kinetics</i>	# of credits specified per featured article to a maximum of 3 articles per two year cycle
<b>Automated Defibrillator Training</b>	<i>Offered by a recognized agency</i>	5 credits per two year cycle
<b>First Aid/CPR Instructor Certification</b>	<i>Offered by a recognized agency</i>	10 credits per two year cycle

<b>Peer Reviewed Publications (Research Journal Articles, Chapters in books, Position Statements, etc): Reviewed by experts (PhD) in related area</b>	<i>Authoring or co-authoring a peer reviewed journal article (e.g. CJPA, Med Sci Sport &amp; Exerc, etc.), chapter in a book), a book - the content of which is related to PA/exercise science fitness applications</i>	20 credits per article or book chapter or per book
<b>Non Peer Reviewed Commercial Fitness Publications</b>	<i>Newsletters, Magazines, Trade Magazines, Books - the content of which is related to PA/exercise science fitness applications</i>	10 credits per article or book chapter or per book
<b>Teaching university degree academic courses or college diploma courses</b>	<i>Delivered at an accredited college or university. The content of these courses must be specific to physical activity/exercise science fitness and associated lifestyle applications</i>	15 credits for teaching a full year course
		7.5 credits for teaching a half year course
<b>Teaching/Instructing non-diploma or non-degree courses/continuing education courses</b>	<i>Usually delivered through Distance Education, Continuing Education, the content must be specific to physical activity/exercise science and associated lifestyle fitness applications</i>	5 credits per half year course