



### NSCA CEU Approved Home Study Activities

Title/Details	Provider	CEU
<a href="#">AHF Yoga Teacher Training</a>	<a href="#">Academy of Holistic Fitness</a>	2.0
<a href="#">Mind-Body Fitness for Personal Trainers</a>	<a href="#">Academy of Holistic Fitness</a>	1.0
<a href="#">Practical Yoga for Personal Trainers</a>	<a href="#">Academy of Holistic Fitness</a>	0.9
<a href="#">Pro-Active Postural Restructuring</a>	<a href="#">Academy of Holistic Fitness</a>	1.8
<a href="#">Applying Science to Performance: The Fuels of Engagement (e-mail for access)</a>	<a href="#">Active Eating Advice</a>	0.2
<a href="#">Functional Training for the Adaptive Athlete</a>	<a href="#">Adaptive Coaching</a>	0.5
<a href="#">Advanced Core Training</a>	<a href="#">Advanced Core Training Seminar</a>	0.7
<a href="#">An Evidence-Based Comparison of Female Athlete Triad and RED-s</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Application of Normal and Abnormal Exercise Physiology in The Adult</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Developing Fit Knees: Current Concepts in ACL Injury Prevention</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Dynamic Stretching and Other Keys to Lower Extremity Injury Prevention</a>	<a href="#">Allied Health Education</a>	0.3

Title/Details	Provider	CEU
<a href="#">Fit for Running: Assessment, Rehab and Training Strategies to Maximize Performance and Reduce Injuries</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Sports Nutrition: Evidence-based Guidelines &amp; Practical Application</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">ALTIS Essentials</a>	<a href="#">ALTIS</a>	2.0
<a href="#">Altis Foundation: 12 Modules Exploring Concepts, Theories, &amp; Methodologies Essential For Coaches Of Speed-Power Athlete</a>	<a href="#">ALTIS</a>	2.0
<a href="#">Back Stability: Integrating Science and Therapy</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.6
<a href="#">Cancer and the Older Adult</a>	<a href="#">American Academy of Health &amp; Fitness</a>	0.4
<a href="#">Cancer Exercise Certificate</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.7
<a href="#">Developing Agility and Quickness for Sports Performance</a>	<a href="#">American Academy of Health &amp; Fitness</a>	0.7
<a href="#">Exercise and Cancer Survivorship</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.1
<a href="#">Fitness Assessment and Exercise Prescription for All Ages</a>	<a href="#">American Academy of Health &amp; Fitness</a>	2.0
<a href="#">JrFit Youth Fitness</a>	<a href="#">American Academy of Health &amp; Fitness</a>	2.0
<a href="#">Nutrition for Special Dietary Needs</a>	<a href="#">American Academy of Health &amp; Fitness</a>	0.9
<a href="#">Prenatal and Postpartum Exercise Prescription</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.0
<a href="#">SrFit Mature Fitness</a>	<a href="#">American Academy of Health &amp; Fitness</a>	2.0
<a href="#">Strength Training Older Adults</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.0

Title/Details	Provider	CEU
<a href="#">The Fitness Professional's Guide to Coaching Lifestyle Wellness</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.1
<a href="#">Silver&amp;Fit Signature Series (Silver &amp; Fit Network Participants Only)</a>	<a href="#">American Specialty Health Fitness</a>	1.4
<a href="#">Combined Training: Evidence-Based Practice Strength &amp; Conditioning Programming</a>	<a href="#">Amy Ashmore</a>	0.5
<a href="#">Programming for Strength Gains</a>	<a href="#">Amy Ashmore</a>	0.2
<a href="#">Consumer Safety and Business Ethics</a>	<a href="#">Association of Fitness Studios</a>	0.3
<a href="#">Creating a Brand Promise and Delivering Memorable Client Experiences</a>	<a href="#">Association of Fitness Studios</a>	0.4
<a href="#">Creating Operational Standards, Systems, and Success Plans for Your Fitness Business</a>	<a href="#">Association of Fitness Studios</a>	0.3
<a href="#">Starting Your Own Business - What it Takes to Launch a Successful Studio/Gym</a>	<a href="#">Association of Fitness Studios</a>	0.2
<a href="#">The Essentials of Sales, Marketing and Branding</a>	<a href="#">Association of Fitness Studios</a>	0.5
<a href="#">Complete Core</a>	<a href="#">Athletes Acceleration</a>	0.5
<a href="#">Coaches Guide to Jump Training</a>	<a href="#">Athletes Acceleration</a>	0.3
<a href="#">Complete Guide to Training the Female Athlete</a>	<a href="#">Athletes Acceleration</a>	0.9
<a href="#">Complete Olympic Lifting</a>	<a href="#">Athletes Acceleration</a>	0.3
<a href="#">Complete Program Design</a>	<a href="#">Athletes Acceleration</a>	0.7
<a href="#">Complete Speed Games</a>	<a href="#">Athletes Acceleration</a>	0.4

Title/Details	Provider	CEU
<a href="#">Complete Speed Training</a>	<a href="#">Athletes Acceleration</a>	0.7
<a href="#">Complete Sports Conditioning</a>	<a href="#">Athletes Acceleration</a>	0.6
<a href="#">Complete Sports Nutrition</a>	<a href="#">Athletes Acceleration</a>	0.4
<a href="#">Complete Warm-Up</a>	<a href="#">Athletes Acceleration</a>	0.4
<a href="#">Complete Youth Training</a>	<a href="#">Athletes Acceleration</a>	0.5
<a href="#">A Comprehensive Guide to the Vertical Jump</a>	<a href="#">Athletes Rehab</a>	0.5
<a href="#">Blood Flow Restriction (BFR) Training</a>	<a href="#">BFR Bands</a>	0.9
<a href="#">Ball Skills Playbook: A Special Needs Exercise Program</a>	<a href="#">Brain Body 360</a>	0.5
<a href="#">Bought-In</a>	<a href="#">Brett Bartholomew</a>	1.5
<a href="#">Pregnancy and Postpartum Athleticism</a>	<a href="#">Brianna Battles</a>	2.0
<a href="#">All About Ginseng</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.1
<a href="#">Fitness for the Older Adult</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Nutrition Essentials</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.7
<a href="#">Preventing Back Injuries</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Preventing Knee Injuries</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5

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<a href="#">Preventing Shoulder Injuries</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Q&amp;A for Fitness Professionals</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.4
<a href="#">Staying Injury Free</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.7
<a href="#">Strength Training - Youth</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	pending
<a href="#">Weight Management</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Advanced Program Design</a>	<a href="#">C.H.E.K. Institute</a>	1.0
<a href="#">Equal, But not the Same</a>	<a href="#">C.H.E.K. Institute</a>	1.0
<a href="#">Program Design</a>	<a href="#">C.H.E.K. Institute</a>	0.8
<a href="#">Scientific Back Training</a>	<a href="#">C.H.E.K. Institute</a>	1.5
<a href="#">Scientific Core Conditioning</a>	<a href="#">C.H.E.K. Institute</a>	1.3
<a href="#">Scientific Shoulder Training</a>	<a href="#">C.H.E.K. Institute</a>	1.3
<a href="#">Swiss Ball Training</a>	<a href="#">C.H.E.K. Institute</a>	0.5
<a href="#">Fitness Nutrition Coaching Habit Change for Active &amp; Athletes</a>	<a href="#">Coach Johann CSCS Fitness Coaching</a>	1.0
<a href="#">Adult Obesity in the United States: A Growing Epidemic</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Adult Weight Management</a>	<a href="#">ContinuingEducation.com</a>	0.4

Title/Details	Provider	CEU
<a href="#">Alternative and Integrative Nutrition</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Anabolic Steroids and Other Performance-Enhancing Drugs: Body Busters, Not Builders</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Carbohydrate Requirements for Exercise</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">Cardiovascular Nutrition and Fitness</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Diet, Exercise and Fitness</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Dietary Fiber and Cholesterol Reduction</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">Exercising Safely and Managing Common Complaints During Pregnancy</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Fat Loading for Endurance Sports</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">Fibromyalgia: Looking Good and Feeling Awful</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Functional Foods Part I</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Functional Foods Part II</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Green Tea: New Benefits from an Old Favorite?</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Herbal Supplements</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Is Wine a Functional Food?</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Liquid Nutrition for the Athlete</a>	<a href="#">ContinuingEducation.com</a>	0.1

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<a href="#">Marfan Syndrome: Inherited Disorder has Far-Reaching Effects</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.2
<a href="#">Nutrition for Women Part 1, Sexual &amp; Reproductive Health</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.4
<a href="#">Nutrition for Women Part 2, Diet and Diseases of Lifestyle</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.5
<a href="#">Nutrition for Women Part 3, Menopause and Beyond</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.4
<a href="#">Nutrition for Young Athletes</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.4
<a href="#">Nutritional Counseling for Adolescents and Young Adults</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.3
<a href="#">Nuts, Chocolate and Cardiovascular Health</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.2
<a href="#">Osteoporosis Prevention and Treatment</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.4
<a href="#">Practical Nutrition for Fitness Professionals</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.4
<a href="#">Preventing Pediatric Obesity</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.4
<a href="#">Research Reveals the Benefits of Meditation</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.2
<a href="#">Sports and Weight-Loss Supplements</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.2
<a href="#">The Future of Foods: What's in Store for Us?</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.4
<a href="#">The Patient With Meniere's Disease</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.2
<a href="#">Too Hot to Handle: Heat-Related Injuries in the ED</a>	<a href="http://ContinuingEducation.com">ContinuingEducation.com</a>	0.2

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<a href="#">Vegetarian Nutrition</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Weight Loss Medications</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">DVRT Restoration</a>	<a href="#">DVRT Fitness</a>	0.7
<a href="#">Dynamic Warm-Up Movement Assessment</a>	<a href="#">DWMA</a>	0.5
<a href="#">Plant-Based Nutrition Certificate</a>	<a href="#">eCornell</a>	2.0
<a href="#">Designing Older Adult Exercise Programs</a>	<a href="#">Educational Fitness Solutions</a>	0.9
<a href="#">Designing Women's Exercise Programs</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Exercise and Aging for Special Populations</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Female Anatomy and Physiology</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Health Risk Profiles and Fitness Assessment Techniques</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Introduction to Exercise Science - Level 1 (Anatomy and Kinesiology)</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Introduction to Exercise Science - Level 2 (Exercise Physiology)</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Introduction to Sports Nutrition and Performance</a>	<a href="#">Educational Fitness Solutions</a>	0.5
<a href="#">Nutrition Analysis and Management</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Nutrition and You: Functional Foods</a>	<a href="#">Educational Fitness Solutions</a>	0.4



Title/Details	Provider	CEU
<a href="#">Public Nutrition and Wellness Education</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Socio-Physiological Aspects of Aging</a>	<a href="#">Educational Fitness Solutions</a>	0.5
<a href="#">The Science and Biomechanics of Resistance/Weight Training</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Weight Management and Nutrition in the Lifecycle</a>	<a href="#">Educational Fitness Solutions</a>	0.5
<a href="#">Women's Health and Wellness for Special Populations</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">EFTI Tier 2 Curriculum - Virtual (Equinox Employees Only)</a>	<a href="#">Equinox</a>	2.0
<a href="#">EFTI Tier 2 Curriculum Fast Track -Virtual (Equinox Employees Only)</a>	<a href="#">Equinox</a>	2.0
<a href="#">Tier X E-Learning (Equinox Employees Only)</a>	<a href="#">Equinox</a>	2.0
<a href="#">Age-appropriate Strength Training</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Athletic Body In Balance</a>	<a href="#">Exercise ETC</a>	0.9
<a href="#">Avoiding Common Fitness Injuries</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Cheap Tricks for Trainers</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Complete Guide to Foam Rolling</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Complete Guide to TRX Suspension Training</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Conditioning to the Core</a>	<a href="#">Exercise ETC</a>	1.1

Title/Details	Provider	CEU
<a href="#">Core Training Anatomy</a>	<a href="#">Exercise ETC</a>	0.6
<a href="#">Core Training: Working Hard or Hardly Working?</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Facilitated Stretching</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Forever Young: Secrets of the Older Mind</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Functional Training</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Functional Training: The Next Generation (Webinar)</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Good Knee/Bad Knee</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">High Intensity Training: When Less is More</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Integrated Postural Training</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Maximum Interval Training</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Nancy Clark's Sports Nutrition Guidebook</a>	<a href="#">Exercise ETC</a>	1.6
<a href="#">Optimal Muscle Training</a>	<a href="#">Exercise ETC</a>	0.8
<a href="#">Secrets of Strength &amp; Conditioning</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Sports Injuries Guidebook</a>	<a href="#">Exercise ETC</a>	0.9
<a href="#">Strength and Conditioning for Seniors</a>	<a href="#">Exercise ETC</a>	0.2

Title/Details	Provider	CEU
<a href="#">The HIIT Advantage: High Intensity Workouts for Women</a>	<a href="#">Exercise ETC</a>	0.8
<a href="#">The Knee: Top Trends in Training</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">The Shoulder: New School Training Techniques</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Understanding Shoulder Dysfunction</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">When Good Knees Go Bad</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Advanced Strength &amp; Power</a>	<a href="#">EXOS (Athlete's Performance)</a>	0.4
<a href="#">Speedo Fit Training</a>	<a href="#">EXOS (Athlete's Performance)</a>	0.8
<a href="#">The 0.10 Second Difference, the Science &amp; Application of Elite Linear Speed</a>	<a href="#">EXOS (Athlete's Performance)</a>	0.4
<a href="#">The Applied Neuroscience of Peak Performance</a>	<a href="#">EXOS (Athlete's Performance)</a>	0.4
<a href="#">Tactical Training Systems</a>	<a href="#">EXOS (Athlete's Performance)</a>	0.5
<a href="#">The Science and Application of Whole Body Vibration</a>	<a href="#">EXOS (Athlete's Performance)</a>	0.3
<a href="#">Introduction to Plyometrics</a>	<a href="#">Fit and Functional</a>	0.5
<a href="#">Introduction to Running Mechanics</a>	<a href="#">Fit and Functional</a>	0.3
<a href="#">Principles of Functional Exercise</a>	<a href="#">Fit and Functional</a>	2.0
<a href="#">Sports Nutrition &amp; Weight Management</a>	<a href="#">Fitness4Professionals</a>	0.5

Title/Details	Provider	CEU
<a href="#"><u>Expert Coaching System</u></a>	<a href="#"><u>Fitness and Performance Institute</u></a>	0.4
<a href="#"><u>Integrative Corrective Exercise Approach</u></a>	<a href="#"><u>Fitness Revolution</u></a>	0.9
<a href="#"><u>The S3 Training Method</u></a>	<a href="#"><u>Fitness Revolution</u></a>	0.5
<a href="#"><u>Integrated Exercise Guidelines for Fibromyalgia</u></a>	<a href="#"><u>Fusion Tactical &amp; Athletic Development</u></a>	0.3
<a href="#"><u>Assessing Hydration In The Laboratory And Field</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Carbohydrate Mouth Rinse: Performance Effects And Mechanisms</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Carbohydrate Nutrition And Team Sports Performance</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Dietary Assessment Methods For The Athlete: Pros And Cons Of Different Methods</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Dietary Nitrate: The New Magic Bullet?</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Effects Of Dietary Constituents On Cognitive And Motor Skill Performance In Sports</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Effects of Exercise on Immune Function</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Endurance Exercise And Antioxidant Supplementation: Sense Or Nonsense? - Part 1</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Endurance Exercise And Antioxidant Supplementation: Sense Or Nonsense? - Part 2</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Heat Acclimatization To Improve Athletic Performance In Warm-Hot Environments</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Hydration &amp; Aerobic Performance: Impact Of Environment</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1

Title/Details	Provider	CEU
<a href="#"><u>Is There A Need For Protein Ingestion During Exercise?</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Manipulating Carbohydrate Availability To Promote Training Adaptation</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Multiple Transportable Carbohydrates And Their Benefits</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>New Ideas About Nutrition And The Adaptation To Endurance Training</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Nutrition And The Molecular Response To Strength Training</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Nutritional Interventions To Enhance Sleep</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Nutritional Recommendations To Avoid Gastrointestinal Complications During Exercise</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Physiological Adaptations to Low-Volume High-Intensity Interval Training</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Protein Consumption And Resistance Exercise: Maximizing Anabolic Potential</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Protein Ingestion Prior To Sleep: Potential For Optimizing Post-Exercise Recovery</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Recovery Techniques For Athletes</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Sleep And the Elite Athlete</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Sodium Ingestion, Thirst And Drinking During Endurance Exercise</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>The Importance Of Vitamin D For Athletes</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Using Nutrition And Molecular Biology To Maximize Concurrent Training</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1

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<a href="#">Vitamin D Measurement &amp; Supplementation: What, When, Why &amp; How?</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Complete Shoulder &amp; Hip Blueprint</a>	<a href="#">Gentilcore Training Systems</a>	1.1
<a href="#">Advanced Strength Training for Older Adults</a>	<a href="#">Geri-Fit Company LLC</a>	2.0
<a href="#">The Glute Builder</a>	<a href="#">Glute Builder</a>	0.3
<a href="#">A Health Care Provider's Guide To Preventing Injury In Baseball</a>	<a href="#">HomeCEUConnection.com</a>	0.4
<a href="#">A Health Care Provider's Guide To Preventing Injury In Soccer</a>	<a href="#">HomeCEUConnection.com</a>	0.3
<a href="#">Balance and Stabilization Training</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">Bands, Flexibility and Balance - A Health Care Professionals Guide for Interventions</a>	<a href="#">HomeCEUConnection.com</a>	0.6
<a href="#">Breathing and Postural Control</a>	<a href="#">HomeCEUConnection.com</a>	0.4
<a href="#">Core Stability - Not For The Spine, But For The Extremities - The Real Truth</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">Exercises for Prevention of and Recovery from Back Pain</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">NeuroFascial Patterning: Assessing Movement</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">Nutrition for Endurance Athletes: Evidence Based Protocols</a>	<a href="#">HomeCEUConnection.com</a>	0.4
<a href="#">Prehab for the Most Common Runner Injuries: IT Band, Shin Splints Treatment &amp; More</a>	<a href="#">HomeCEUConnection.com</a>	0.2
<a href="#">Stretching Physiology, Techniques and More</a>	<a href="#">HomeCEUConnection.com</a>	0.4

Title/Details	Provider	CEU
<a href="#">Training with Technology</a>	<a href="http://HomeCEUConnection.com">HomeCEUConnection.com</a>	0.5
<a href="#">Foundations of Heart Rate Variability</a>	<a href="http://HRVcourse.com">HRVcourse.com</a>	1.1
<a href="#">Advanced Fitness Assessment and Exercise Prescription</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Applied Health Fitness Psychology</a>	<a href="#">Human Kinetics</a>	1.4
<a href="#">Applying Music in Sport and Exercise</a>	<a href="#">Human Kinetics</a>	1.7
<a href="#">Athletic Movement Skills</a>	<a href="#">Human Kinetics</a>	1.7
<a href="#">Balance Training</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Bodybuilding Anatomy</a>	<a href="#">Human Kinetics</a>	0.4
<a href="#">Bodyweight Strength Training Anatomy</a>	<a href="#">Human Kinetics</a>	0.5
<a href="#">Cardiorespiratory Fitness Assessment and Prescription</a>	<a href="#">Human Kinetics</a>	0.4
<a href="#">Client-Centered Exercise Prescription</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Complete Guide to Foam Rolling</a>	<a href="#">Human Kinetics</a>	0.8
<a href="#">Complete Guide to TRX Suspension Training</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Conditioning to the Core</a>	<a href="#">Human Kinetics</a>	1.6
<a href="#">Conditioning Young Athletes</a>	<a href="#">Human Kinetics</a>	1.7

Title/Details	Provider	CEU
<a href="#">Designing Resistance Training Programs</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Developing Agility and Quickness</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Developing Endurance</a>	<a href="#">Human Kinetics</a>	1.5
<a href="#">Developing Power</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Developing Speed</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Developing the Core</a>	<a href="#">Human Kinetics</a>	1.3
<a href="#">Dumbbell Training</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Eat. Lift. Thrive.</a>	<a href="#">Human Kinetics</a>	0.7
<a href="#">Endurance Sports Nutrition</a>	<a href="#">Human Kinetics</a>	1.9
<a href="#">Essentials of Eccentric Training</a>	<a href="#">Human Kinetics</a>	1.6
<a href="#">Exercise for Hip and Knee Replacement</a>	<a href="#">Human Kinetics</a>	0.5
<a href="#">Exercise Technique for Resistance Training</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Facilitated Stretching</a>	<a href="#">Human Kinetics</a>	1.6
<a href="#">Fueling Young Athletes</a>	<a href="#">Human Kinetics</a>	0.9
<a href="#">Functional Training</a>	<a href="#">Human Kinetics</a>	1.0



Title/Details	Provider	CEU
<a href="#">High-Intensity Training for Women</a>	<a href="#">Human Kinetics</a>	0.8
<a href="#">High-Performance Training for Sports</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Kettlebell Training</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Kinetic Anatomy</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Lifestyle Wellness Coaching</a>	<a href="#">Human Kinetics</a>	1.3
<a href="#">Low Back Disorders</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Maximum Interval Training</a>	<a href="#">Human Kinetics</a>	1.7
<a href="#">Monitoring Training and Performance in Athletes</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Muscle &amp; Strength</a>	<a href="#">Human Kinetics</a>	1.5
<a href="#">NSCA's Certified Personal Trainer (NSCA-CPT) Enhanced Online Study</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">NSCA's Certified Strength and Conditioning Specialist (CSCS) Enhanced Online Study</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">NSCA's Guide to Program Design</a>	<a href="#">Human Kinetics</a>	1.3
<a href="#">NSCA's Guide to Sport and Exercise Nutrition</a>	<a href="#">Human Kinetics</a>	1.4
<a href="#">NSCA's Guide to Tests and Assessments</a>	<a href="#">Human Kinetics</a>	1.4
<a href="#">NSCA's Strength Training</a>	<a href="#">Human Kinetics</a>	1.9

Title/Details	Provider	CEU
<a href="#">Periodization Training for Sports</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Physical Activity Instruction in Older Adults</a>	<a href="#">Human Kinetics</a>	1.4
<a href="#">Plyometrics</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Practical Guide to Exercise Physiology</a>	<a href="#">Human Kinetics</a>	1.8
<a href="#">Prenatal &amp; Postpartum Exercise Design</a>	<a href="#">Human Kinetics</a>	0.8
<a href="#">Running Anatomy</a>	<a href="#">Human Kinetics</a>	0.3
<a href="#">Running Injuries: Strategies for Prevention and Intervention</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Running Mechanics and Gait Analysis</a>	<a href="#">Human Kinetics</a>	0.3
<a href="#">Science and Development of Muscle Hypertrophy</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Sports Nutrition</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Sports Supplements</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Strength Ball Training</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Strength Training for Fat Loss</a>	<a href="#">Human Kinetics</a>	1.8
<a href="#">Strength Training Past 50</a>	<a href="#">Human Kinetics</a>	1.3
<a href="#">Stretching Anatomy</a>	<a href="#">Human Kinetics</a>	0.5

Title/Details	Provider	CEU
<a href="#">Stretch to Win</a>	<a href="#">Human Kinetics</a>	1.4
<a href="#">The BEST Exercise Program for Osteoporosis Prevention</a>	<a href="#">Human Kinetics</a>	0.6
<a href="#">Vegetarian Sports Nutrition</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Water Exercise</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Hyperice SMR + Vibration Technology Course Level 1</a>	<a href="#">Hyperice</a>	0.2
<a href="#">2015-2018 IDEA Fitness Journal Quizzes</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.1
<a href="#">10 New BIG Things in Small-Group Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">21st Century Body Sculpt</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">A Different Look at Core Training: The Backside</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Abdominal and Core for the Aging Spine Course</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">ACE IFT- Integrated Fitness Training for Active Aging</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">ACE IFT - Training Strategies for Clients With Chronic Health Conditions</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Active Resistance Training® Total Body Mat Practice</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Advanced And Progressive Mechanics Of Lifting And Strength Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Advanced Corrective Exercise</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4

Title/Details	Provider	CEU
<a href="#">Aging Strong</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">An Introduction to Holistic Nutrition</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">Anatomy in Three Dimensions: Common Knee Problems and Solutions</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Anatomy in Three Dimensions: The Shoulder</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Anatomy: Reconnect With Your Spine Muscles</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Anatomy of a Fitness Business</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Are You Hungry or Stressed?</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Assessment and Corrective Exercise Strategies for Improved Shoulder Function</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Baby Boomers - The Truth About Stretching!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Back to Basics With Anatomy</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Balanced Body Pilates Smart Core Challenge</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Balancing Hormones for Optimal Weight Loss</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Balancing Hormones through Nutrition</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Battle Rope Mastery</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Become a World-Class Coach--Top Seven Must-Dos to Create Success and Significance</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>Beyond Randomness: Exercise Selection Based on Movement Screening</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Beyond the Macros: Placing the Focus Back on Nutrient-Dense Foods</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Body-Weight Training-Amped Up</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Blast Your Abs, Glutes and Core – A Big HIIT With Your Clients</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Can Technology Be Harnessed to Inspire Lasting Behavior Change?</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Carbohydrates-Their Role in Body Composition, Weight Management and Performance</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.4
<a href="#"><u>Cardio-Strength Circuits For Fun And Function!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Caving to the Craving: The New Science of Food Addiction and Recovery...With a Twist</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Communicating With Your Female Clients for Breakthrough Results</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Complete Program Design for the Obese/Overweight Client</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Core 3 x 3</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Core Conditioning Combos</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Core Connections: Progression Strategies to Enhance Core Function</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Corrective Exercise for Shoulder Impairments</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Creating Boot Camps for Zoomers</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2

Title/Details	Provider	CEU
<a href="#"><u>Creating Emotionally Charged Exercise Experiences</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Creative Circuits—Five Steps to Better Program Design</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Cue Movement and Exercise With Abdominal Anatomy</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Cue Movement and Exercise With Hip Anatomy</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Designing a Self-Myofascial Release Program</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>East Meets West: A Mindful Approach to Health Coaching</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Eat to Win-Enhance Performance and Promote Recovery</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Eating a Lower Inflammatory Diet</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>EXTREME Equipment-LESS Boot Camp</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Fascial Line Mobility</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Fat-Loss Programming for Your Female Clients</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Fit for Two: Pre- and Postnatal Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Food for Thought: Brain, Gut, Microbes, Diet</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>From Neck to Knees...More Than Just Core!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>From the Hip</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#">Functional Balance Circuits for the Active Adult</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Functional Balance For The Active Aging Adult</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Functional Circuits for Aging Clients</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Functional Power Training for Older Clients</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Fundamental Principles of Upper Body Training - Pushing, Pulling and Pressing</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">GENERATE Buzz With Simple Marketing</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Goodbye Infobesity, Hello Action Plan!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Group Exercise Applications for Training the Posterior Chain</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Guiding Others to Create Their Healthiest, Most Delicious Lives</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Heart-Core Circuit Training: The New Edition</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Heart Rate Variability - The Science of Recovery Based Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Hidden Secrets to Core Performance</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">High-Intensity Kettlebell Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">HIITs Blitz</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">HIIT Step</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>How Hormones and Metabolism Change the Training Game for Females</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.4
<a href="#"><u>How to Create High Performance Outcomes</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>How to Fix a Broken Diet – Three Ways to Get your Eating on Track</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>How to Run Your Own “Drop Two Sizes” Challenge</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>How to Safely Introduce Plyometrics Into Your Clients’ Routines</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Improve Stability and Posture with a Stability Ball</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Innovative Drills for Small Group Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Insights Into Functional Training and Corrective Movement</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Intermittent Fasting – Science or Fiction?</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Isolation to Integration: Corrective Exercise from a Functional Perspective</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.4
<a href="#"><u>I Q U Do: The Art of Intelligent Coaching</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Is It Time to Eat Yet?</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Little Tweaks for Big Results!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Make Your Barre Classes a HIIT</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Metabolic Disruption</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2



Title/Details	Provider	CEU
<a href="#"><u>Metabolic Meltdown</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Motivational Interviewing Skills Produce Targeted Results</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>New Research on Protein, Metabolism, Recovery and Satiety</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Nutrition Basics and Nutrient Timing</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Nutrition Myth Busters: Science Fact or Fiction?</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Olympic Lifting - The Mechanics and Progressions</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Optimize Function and Mobility with Strong and Stable Shoulders and Glutes</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Pilates 50/50</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Pilates on the Ball</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Posture Improvement Workshop</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Power Core for Sports and Fitness Performance</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Promote Behavior Change With Better Coaching</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Protein Obsessed: Sorting the Truth From the Hype</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Protein Overload: Are You Eating More Than You Need?</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Proven Strategies to Build Your Brand Using YouTube</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>Push, Pull, Bend, Twist, Squat And Lunge!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Putting Heart into Mind-Body Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Quick Fix Workouts</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>REACH More Clients: Be Loud and Proud</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Rescue Your Knees-Look at Your Feet</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Restoring Fundamental Movement Patterns with Corrective Strategies</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Rock Solid!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Run Injury Free! Understanding Impact Forces</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Scapular Stability: Shouldering the Loan</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Six Steps to Better Program Design</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Sleep Science for Fitness Professionals</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Small Group Training Workshop</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.6
<a href="#"><u>Smart Programming for the Peri- and Postmenopausal</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Solutions for Training Postpregnancy Clients</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Spinal Stabilization Versus Pelvic Stabilization</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>Strength and Conditioning Games for Improved Fitness and Performance</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.4
<a href="#"><u>Techniques to Rehabilitate and Protect the Knees</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Aging Club Member Crisis</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Better, Not Perfect, Nutrition Plan</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The BYOB Workout</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Complete Idiot's Guide to Plant-Based Nutrition</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Death of Crunches: 20 True Core Exercises</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Eight Essentials of Program Design</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Female Glute Relocation Program</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Female Lumbo-Pelvic Complex</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Female Physique-The Link Between Nutrition, Hormones and Strength Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Forgotten Five: Essential Muscles for Functional Movement</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Gluteals and Their Link to Low-Back Pain</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Hidden Messages in Food</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>The Matrix – Innovative Group Strength Design</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#">The New ACE Integrated Fitness Training Model</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.8
<a href="#">The Next Wave in Corrective Exercise: Rhythm &amp; Timing</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Roll Model Fascial Makeover: Prioritize Your Periphery</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Science of Functional Aging</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Ultimate Light Dumbbell Workout</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Warm-Up Makeover: Start With a Bang!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">ThinkFit Flexibility: Dynamic Stretching Tricks and Tools</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Three-Dimensional Kettlebell Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Three Technologies to Engage and Empower Clients Inside and Outside the Session</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Todays Food Conversation</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Todd Durkin's Boot Camp</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Total Massage, Relaxation and Beyond</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Training Fascia - Research Developments in Fibrous Connective Tissue Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Training the Female Client</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Training the Pregnant Athlete</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3

Title/Details	Provider	CEU
<a href="#">TriggerPoint Corrective Strategies for Hip Dysfunction</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">TriggerPoint Corrective Strategies for the Foot and Ankle</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">TriggerPoint for Movement: Hip and Shoulder Mobility</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">TriggerPoint Myofascial Compression Techniques for Injury Prevention and Better Movement</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">TRX Essentials for Personal Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">TRX Rip Training: Sports Performance &amp; Metabolic Conditioning</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">TRX Training for Active Seniors</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Turbo Tabata</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Ultimate Back Exercises for Injury Prevention</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">Understanding and Interpreting the Functional Movement Screen</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Understanding the Female Pelvic Core Neuromuscular System</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Upper-Extremity Mechanics and Techniques</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Using Function to Avoid Dysfunction in Aging</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Vital Anatomy-Functional Applications</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">Weighing the Evidence Behind Nutrition Research</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2

Title/Details	Provider	CEU
<a href="#">Winning at Losing - Weight Management Made Simple</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Winning Group Strength Program Design</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Women, Metabolism and the Hormonal Highway!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Women, Weights and Results</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">XiT Extreme Interval Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Yoga: Adjust Me Puhleeeeeeeze!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Yoga Anatomy 101 Certificate</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	1.0
<a href="#">Yoga for Optimal Client Performance</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Yoga Progressions and Regressions</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Your Guide to Stronger Legs and Great Glutes!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Essence of Body Weight Training</a>	<a href="#">Institute of Human Performance</a>	2.0
<a href="#">The Essence of Dumbbell Training</a>	<a href="#">Institute of Human Performance</a>	2.0
<a href="#">The Essence of Functional Training</a>	<a href="#">Institute of Human Performance</a>	2.0
<a href="#">The Essence of Stability Ball Training</a>	<a href="#">Institute of Human Performance</a>	2.0
<a href="#">Health Coaching Fundamentals on Platform</a>	<a href="#">Institute of Motion</a>	2.0

Title/Details	Provider	CEU
<a href="#">Program Design</a>	<a href="#">KILO Strength Society</a>	0.5
<a href="#">Kinesics Evaluation Course</a>	<a href="#">Kinesics</a>	0.7
<a href="#">Kinesics Posture Course</a>	<a href="#">Kinesics</a>	0.5
<a href="#">Kinesics Practical Evaluation Course</a>	<a href="#">Kinesics</a>	0.8
<a href="#">Kinesics Theory</a>	<a href="#">Kinesics</a>	0.7
<a href="#">Kinesics Training Course 1</a>	<a href="#">Kinesics</a>	1.0
<a href="#">Kinesics Training Course 2</a>	<a href="#">Kinesics</a>	1.0
<a href="#">Life Time Personal Training Method (Life Time employees only)</a>	<a href="#">Life Time</a>	2.0
<a href="#">MMAFx Hand Fighting Skills Training Program</a>	<a href="#">LombardMMA - MMAFx</a>	0.5
<a href="#">Bike Anatomy: The Bike and Bike Fit Rationale</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Clinical Bike Fit Case Studies</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Clinical Bike Fit Process</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Clinical Examination of the Runner</a>	<a href="#">MedBridge</a>	0.4
<a href="#">Clinical Gait Assessment</a>	<a href="#">MedBridge</a>	0.1
<a href="#">Common Mental Health Concerns in Athletes</a>	<a href="#">MedBridge</a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>Connecting the Dots: A Clinician's Role in Endurance Sports Performance</u></a>	<a href="#"><u>MedBridge</u></a>	0.2
<a href="#"><u>Female Athlete Triad</u></a>	<a href="#"><u>MedBridge</u></a>	0.3
<a href="#"><u>Group Injury Prevention</u></a>	<a href="#"><u>MedBridge</u></a>	0.2
<a href="#"><u>Move To Improve: Using Movement Analysis to Drive Performance &amp; Prevent Injuries</u></a>	<a href="#"><u>MedBridge</u></a>	0.6
<a href="#"><u>Nutrition in Sports</u></a>	<a href="#"><u>MedBridge</u></a>	0.3
<a href="#"><u>Peak Performance and Psychology of Performance</u></a>	<a href="#"><u>MedBridge</u></a>	0.2
<a href="#"><u>Psychology of Injury</u></a>	<a href="#"><u>MedBridge</u></a>	0.2
<a href="#"><u>Run Better: Strength and Power Development for Endurance Athletes</u></a>	<a href="#"><u>MedBridge</u></a>	0.3
<a href="#"><u>Running Footwear</u></a>	<a href="#"><u>MedBridge</u></a>	0.2
<a href="#"><u>Strength and Conditioning in Sports</u></a>	<a href="#"><u>MedBridge</u></a>	0.3
<a href="#"><u>Strength Training for Older Adults Part 1: Lower Body Major Lifts</u></a>	<a href="#"><u>MedBridge</u></a>	0.2
<a href="#"><u>Strength Training for Older Adults Part 2: Upper Body Major Lifts</u></a>	<a href="#"><u>MedBridge</u></a>	0.2
<a href="#"><u>The Knee: Injuries Unique to Knee Structure and Function</u></a>	<a href="#"><u>MedBridge</u></a>	0.3
<a href="#"><u>The Swim Stroke Analysis</u></a>	<a href="#"><u>MedBridge</u></a>	0.2
<a href="#"><u>The Swimmer's Shoulders</u></a>	<a href="#"><u>MedBridge</u></a>	0.2



Title/Details	Provider	CEU
<a href="#">MASS Course #1</a>	<a href="#">Monthly Applications in Strength Sport</a>	0.8
<a href="#">Muscle Oxygen Physiology</a>	<a href="#">Moxy Monitor</a>	0.3
<a href="#">Balance Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Business Development for the Club Fitness Professional</a>	<a href="#">National Academy of Sports Medicine</a>	1.0
<a href="#">Cardio for Fitness</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Cardio for Performance</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Core Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Flexibility Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Goniometric Assessments</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Guide to Bodybuilding</a>	<a href="#">National Academy of Sports Medicine</a>	0.2
<a href="#">Manual Muscle Testing</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Mental Toughness</a>	<a href="#">National Academy of Sports Medicine</a>	0.5
<a href="#">Neuromuscular Stretching</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Positional Isometrics</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Reactive Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3

Title/Details	Provider	CEU
<a href="#">Resistance Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Speed, Agility, &amp; Quickness</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Strength and Conditioning</a>	<a href="#">National Federation of High School Associations</a>	0.6
<a href="#">5 Keys to Weightlifting for Athletes</a>	<a href="#">National Sports Performance Association</a>	0.2
<a href="#">Keys to Coaching Acceleration</a>	<a href="#">National Sports Performance Association</a>	0.2
<a href="#">Metabolic Resistance Training</a>	<a href="#">National Sports Performance Association</a>	0.2
<a href="#">Auto-Closer</a>	<a href="#">Net Profit Explosion</a>	1.0
<a href="#">5 Essential Skills for Facilitating Sustainable Weight Loss</a>	<a href="#">Novo Wellness</a>	0.6
<a href="#">Nutrition for Sports, Exercise &amp; Weight Management: What Really Works - and Why!</a>	<a href="#">Nutrition Sports Exercise CEUs</a>	1.5
<a href="#">OPEX Level 1 Assessment Module</a>	<a href="#">OPEX</a>	0.7
<a href="#">OPEX Level 1 Program Design Module</a>	<a href="#">OPEX</a>	1.3
<a href="#">Addressing &amp; Preventing Low Back Pain</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Advanced Fitness Sales</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Corrective Exercise Solutions to Postural and Movement Dysfunction</a>	<a href="#">Personal Training on the Net</a>	0.3
<a href="#">Functional Integrated Training</a>	<a href="#">Personal Training on the Net</a>	0.2

Title/Details	Provider	CEU
<a href="#">Loaded Exercises and Movement Based Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Macronutrients &amp; Exercise</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Non-Traditional Strength Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Performance Circuits</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Periodization</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Principles of Movement-Based Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Small Group Personal Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Special Populations</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Strength Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Stress Response to Exercise</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Youth Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Kettlebell Corrective Strategies and Techniques - The Hip and Shoulder</a>	<a href="#">Physical Culture Press</a>	0.7
<a href="#">Combined Training: Evidence-Based Practice Strength and Conditioning Programming</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">Sports Nutrition Principles for Training and Recovery - Strategies to Optimize Performance</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">Sports Performance Programming for the Pregnant and Postpartum Female Athlete</a>	<a href="#">PhysicalTherapy.com</a>	0.3

Title/Details	Provider	CEU
<a href="#">The Master Female Athlete</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">Post Rehab Essentials</a>	<a href="#">Post Rehab Essentials</a>	1.2
<a href="#">Power Athlete Methodology - Level One Course: Unlocking Athletic Potential</a>	<a href="#">Power Athlete</a>	1.5
<a href="#">Injury Resiliency</a>	<a href="#">Professional Football Strength &amp; Conditioning Coaches Association</a>	1.4
<a href="#">PTA Global Foundations Course</a>	<a href="#">PTA Global</a>	2.0
<a href="#">RumbleRoller Foundations Course</a>	<a href="#">RumbleRoller</a>	0.3
<a href="#">The Performance Digest Volume 1 (Issues 1-6)</a>	<a href="#">Science for Sport</a>	0.5
<a href="#">The Performance Digest Volume 2 (Issues 7-12)</a>	<a href="#">Science for Sport</a>	0.5
<a href="#">The Performance Digest Volume 3 (Issues 13-18)</a>	<a href="#">Science for Sport</a>	0.5
<a href="#">The Performance Digest Volume 4 (Issues 19-24)</a>	<a href="#">Science for Sport</a>	0.5
<a href="#">Soccer Fitness Trainer's Course</a>	<a href="#">Soccer Fitness</a>	0.4
<a href="#">L2 Fitness Summit</a>	<a href="#">Somerset Fitness</a>	1.2
<a href="#">Powerful Play: The Ultimate Guide to the Foundations of Youth Fitness and Physical Literacy</a>	<a href="#">SPIDERfit Kids</a>	1.0
<a href="#">Melding of Models</a>	<a href="#">SPS Performance Consulting</a>	1.4
<a href="#">Training &amp; Conditioning CEU Quizzes</a>	<a href="#">Training &amp; Conditioning</a>	0.2

Title/Details	Provider	CEU
<a href="#">Strength Training for Cycling Success</a>	<a href="#">Training Peaks University</a>	1.2
<a href="#">Strength Training for Triathlon Success</a>	<a href="#">Training Peaks University</a>	1.4
<a href="#">TRX for Yoga</a>	<a href="#">TRX</a>	0.5
<a href="#">TRX Suspension Training Basics</a>	<a href="#">TRX</a>	0.3
<a href="#">Biomechanics: Analysis of Human Movement</a>	<a href="#">UCLA Extension</a>	2.0
<a href="#">Biomechanics of Musculoskeletal Injury</a>	<a href="#">UCLA Extension</a>	2.0
<a href="#">Exercise and Sports Nutrition</a>	<a href="#">UCLA Extension</a>	2.0
<a href="#">Personal Training (CER 526)</a>	<a href="#">United States Sports Academy</a>	2.0
<a href="#">Sports Strength &amp; Conditioning (CER 525)</a>	<a href="#">United States Sports Academy</a>	2.0
<a href="#">ViPR PRO Fundamentals Mobile</a>	<a href="#">ViPR PRO</a>	0.9
<a href="#">Mental Strength Coaching and Training</a>	<a href="#">Warrior Mind Coaching</a>	2.0