



**NSCA/Human Kinetics and/or Human Kinetics
CEUs apply to Recertified with Distinction (*D)**

NSCA CEU Approved Home Study Activities

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Title/Details	Provider	CEU
ANATOMY SPECIFIC		
Scientific Back Training	C.H.E.K. Institute	1.5
Scientific Shoulder Training	C.H.E.K. Institute	1.3
Knee Valgus and the Squat: Much About Nothing?	Clinical Athlete	0.3
Functional Forever: Remedial Shoulder Exercise	Exercise ETC	0.3

Title/Details	Provider	CEU
Lower Body Conditioning: Transformative Training	Exercise ETC	0.3
Standing Tall: Exercise & the Aging Spine	Exercise ETC	0.3
The Bionic Elder: Training with New Knees or Hips	Exercise ETC	0.3
The Knee: Top Trends in Training	Exercise ETC	0.3
The Essential Hip: Reversing Gluteal Amnesia	Exercise ETC	0.3
The Shoulder: New School Training Techniques	Exercise ETC	0.3
Understanding Shoulder Dysfunction	Exercise ETC	0.3
Upper Body Conditioning: Innovations in Excellence	Exercise ETC	0.3
When Good Knees Go Bad	Exercise ETC	0.3
Complete Shoulder & Hip Blueprint	Gentilcore Training Systems	1.1
Even More Complete Shoulder & Hip Blueprint	Gentilcore Training Systems	1.2
The Glute Builder	Glute Builder	0.3
Foundations of Heart Rate Variability	HRVcourse.com	1.1

Title/Details	Provider	CEU
<u>Cycling Anatomy</u>	<u>Human Kinetics</u>	0.3
<u>Correct the Psoas Gluteus Imbalance</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>From the Hip</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Functional Anatomy: The Secret to Efficient Movement</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Fundamental Principles of Upper Body Training - Pushing, Pulling and Pressing</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Glute Reboot</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Group Exercise Applications for Training the Posterior Chain</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Lower-Extremity Mechanics and Techniques</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Rescue Your Knees-Look at Your Feet</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Shoulder Function, Assessment and Reaction</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Female Glute Relocation Program</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Training Fascia - Research Developments in Fibrous Connective Tissue Training</u>	<u>IDEA Health & Fitness Association</u>	0.3

Title/Details	Provider	CEU
Your Guide to Stronger Legs and Great Glutes!	IDEA Health & Fitness Association	0.3
ASSESSMENT		
Fitness Assessment and Exercise Prescription for All Ages	American Academy of Health & Fitness	2.0
Dynamic Warm-Up Movement Assessment	DWMA	0.5
Health Risk Profiles and Fitness Assessment Techniques	Educational Fitness Solutions	0.6
Form & Function: Assessing Movement Patterns	Exercise ETC	0.3
Step by Step: Gait, Posture & Deceleration	Exercise ETC	0.3
Fusionetics Body MAP: Motion Capture and Movement Testing	Fusionetics Academy	0.2
Fusionetics Movement Efficiency Level 1	Fusionetics Academy	0.8
NeuroFascial Patterning: Assessing Movement	HomeCEUConnection.com	0.5
Advanced Fitness Assessment and Exercise Prescription	Human Kinetics	2.0
Assessments for Sport and Athletic Performance	Human Kinetics	0.7
Cardiorespiratory Fitness Assessment and Prescription	Human Kinetics	0.4

Title/Details	Provider	CEU
Monitoring Training and Performance in Athletes	Human Kinetics	1.2
NSCA's Guide to Tests and Assessments	Human Kinetics	1.4
Running Mechanics and Gait Analysis	Human Kinetics	0.3
Assessment and Corrective Exercise Strategies for Improved Shoulder Function	IDEA Health & Fitness Association	0.3
Beyond Randomness: Exercise Selection Based on Movement Screening	IDEA Health & Fitness Association	0.3
Functional Assessments for Special Populations	IDEA Health & Fitness Association	0.2
Gait-Based Movement Screening	IDEA Health & Fitness Association	0.2
Motivational Interviewing Skills Produce Targeted Results	IDEA Health & Fitness Association	0.2
Understanding and Interpreting the Functional Movement Screen	IDEA Health & Fitness Association	0.3
Kinesics Evaluation Course	Kinesics	0.7
Kinesics Posture Course	Kinesics	0.5
Kinesics Practical Evaluation Course	Kinesics	0.8
Clinical Examination of the Runner	MedBridge	0.4

Title/Details	Provider	CEU
Clinical Gait Assessment	MedBridge	0.1
Move To Improve: Using Movement Analysis to Drive Performance & Prevent Injuries	MedBridge	0.6
Goniometric Assessments	National Academy of Sports Medicine	0.3
Manual Muscle Testing	National Academy of Sports Medicine	0.3
Corrective Exercise Solutions to Postural and Movement Dysfunction	Personal Training on the Net	0.3
Combine Training	Professional Football Strength & Conditioning Coaches Association	0.5
BALANCE TRAINING		
Balance and Stabilization Training	HomeCEUConnection.com	0.5
Bands, Flexibility and Balance - A Health Care Professionals Guide for Interventions	HomeCEUConnection.com	0.6
Balance Training	Human Kinetics	1.0
Functional Balance For The Active Aging Adult	IDEA Health & Fitness Association	0.3
Functional Balance For The Active Aging Adult	IDEA Health & Fitness Association	0.3
Balance Training	National Academy of Sports Medicine	0.3

Title/Details	Provider	CEU
BEHAVIOR CHANGE/COACHING		
The Fitness Professional's Guide to Coaching Lifestyle Wellness	American Academy of Health & Fitness	1.1
Expert Coaching System	Fitness and Performance Institute	0.4
Lifestyle Wellness Coaching	Human Kinetics	1.3
Become a World-Class Coach--Top Seven Must-Dos to Create Success and Significance	IDEA Health & Fitness Association	0.3
East Meets West: A Mindful Approach to Health Coaching	IDEA Health & Fitness Association	0.2
Goodbye Infobesity, Hello Action Plan!	IDEA Health & Fitness Association	0.2
I Q U Do: The Art of Intelligent Coaching	IDEA Health & Fitness Association	0.2
Promote Behavior Change With Better Coaching	IDEA Health & Fitness Association	0.3
Health Coaching Fundamentals on Platform	Institute of Motion	2.0
BOOT CAMP		
Creating Boot Camps for Zoomers	IDEA Health & Fitness Association	0.2
EXTREME Equipment-LESS Boot Camp	IDEA Health & Fitness Association	0.3

Title/Details	Provider	CEU
<u>Obstacle Courses for Boot Camps and Beyond</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Todd Durkin's Boot Camp</u>	<u>IDEA Health & Fitness Association</u>	0.3
BUSINESS		
<u>Consumer Safety and Business Ethics</u>	<u>Association of Fitness Studios</u>	0.3
<u>Creating a Brand Promise and Delivering Memorable Client Experiences</u>	<u>Association of Fitness Studios</u>	0.4
<u>Creating Operational Standards, Systems, and Success Plans for Your Fitness Business</u>	<u>Association of Fitness Studios</u>	0.3
<u>Starting Your Own Business - What it Takes to Launch a Successful Studio/Gym</u>	<u>Association of Fitness Studios</u>	0.2
<u>The Essentials of Sales, Marketing and Branding</u>	<u>Association of Fitness Studios</u>	0.5
<u>Anatomy of a Fitness Business</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>GENERATE Buzz With Simple Marketing</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Proven Strategies to Build Your Brand Using YouTube</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>REACH More Clients: Be Loud and Proud</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>The Mobile Health Map: Inspiring Your Clients and Your Business</u>	<u>IDEA Health & Fitness Association</u>	0.2

Title/Details	Provider	CEU
<u>Business Development for the Club Fitness Professional</u>	<u>National Academy of Sports Medicine</u>	1.0
<u>Auto-Closer</u>	<u>Net Profit Explosion</u>	1.0
<u>NPE FAST-TRACK</u>	<u>Net Profit Explosion</u>	2.0
<u>The Wealthy Fit Pro's Guide to Starting Your Career</u>	<u>Personal Trainer Development Center</u>	0.6
<u>Advanced Fitness Sales</u>	<u>Personal Training on the Net</u>	0.2
CIRCUIT TRAINING		
<u>Cardio-Strength Circuits For Fun And Function!</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Functional Circuits for Aging Clients</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Creative Circuits—Five Steps to Better Program Design</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Heart-Core Circuit Training: The New Edition</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Train Stations</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Performance Circuits</u>	<u>Personal Training on the Net</u>	0.2

Title/Details	Provider	CEU
CORE TRAINING		
Advanced Core Training	Advanced Core Training Seminar	0.7
Complete Core	Athletes Acceleration	0.5
Scientific Core Conditioning	C.H.E.K. Institute	1.3
Conditioning to the Core	Exercise ETC	1.1
Core Training Anatomy	Exercise ETC	0.6
Core Training: Working Hard or Hardly Working?	Exercise ETC	0.3
Core Workouts: From Outdated to Outstanding	Exercise ETC	0.3
Core Stability - Not For The Spine, But For The Extremities - The Real Truth	HomeCEUConnection.com	0.5
Developing the Core	NSCA/Human Kinetics	1.3
50 Ways to Leave Your Core Lovers Wanting You More	IDEA Health & Fitness Association	0.3
A Different Look at Core Training: The Backside	IDEA Health & Fitness Association	0.3
Abdominal and Core for the Aging Spine Course	IDEA Health & Fitness Association	0.3

Title/Details	Provider	CEU
Balanced Body Pilates Smart Core Challenge	IDEA Health & Fitness Association	0.3
Blast Your Abs, Glutes and Core – A Big HIIT With Your Clients	IDEA Health & Fitness Association	0.3
Core Conditioning Combos	IDEA Health & Fitness Association	0.3
Core Connections: Progression Strategies to Enhance Core Function	IDEA Health & Fitness Association	0.3
CORE Yoga for Healthy Backs	IDEA Health & Fitness Association	0.3
From Neck to Knees...More Than Just Core!	IDEA Health & Fitness Association	0.3
Hidden Secrets to Core Performance	IDEA Health & Fitness Association	0.3
Power Core for Sports and Fitness Performance	IDEA Health & Fitness Association	0.3
The 3D Fascial Core	IDEA Health & Fitness Association	0.2
The Death of Crunches: 20 True Core Exercises	IDEA Health & Fitness Association	0.3
Core Training	National Academy of Sports Medicine	0.3
EQUIPMENT SPECIFIC TRAINING		
Barbell Rehab Online	Barbell Rehab	0.9

Title/Details	Provider	CEU
Blood Flow Restriction (BFR) Training	BFR Bands	0.9
Blood Flow Restriction Training	My Performance Rehab	0.3
Swiss Ball Training	C.H.E.K. Institute	0.5
DVRT Restoration	DVRT Fitness	0.7
Complete Guide to Foam Rolling	Exercise ETC	1.0
Complete Guide to TRX Suspension Training	Exercise ETC	1.0
Kettlebell Training	Exercise ETC	0.8
Complete Guide to Foam Rolling	Human Kinetics	0.8
Complete Guide to TRX Suspension Training	Human Kinetics	1.1
Dumbbell Training	Human Kinetics	1.1
Kettlebell Training	Human Kinetics	1.2
Strength Ball Training	Human Kinetics	1.0
Strength Band Training	Human Kinetics	0.4

Title/Details	Provider	CEU
<u>Active Resistance Training® Total Body Mat Practice</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Battle Rope Mastery</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Body-Weight Training-Amped Up</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Core 3 x 3</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Getting Maximum Results With Minimal Equipment</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>High-Intensity Kettlebell Training</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Improve Stability and Posture with a Stability Ball</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Pilates on the Ball</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Pilates on a Ball</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Power Medicine Ball Drills for Groups</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Ultimate Light Dumbbell Workout</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Three-Dimensional Kettlebell Training</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>TRX Essentials for Personal Training</u>	<u>IDEA Health & Fitness Association</u>	0.4

Title/Details	Provider	CEU
TRX Rip Training: Sports Performance & Metabolic Conditioning	IDEA Health & Fitness Association	0.2
TRX Training for Active Seniors	IDEA Health & Fitness Association	0.3
Kettlebell Corrective Strategies and Techniques - Shoulder and Hip	Kinesiology Institute for Performance Specialists	0.7
Bike Anatomy: The Bike and Bike Fit Rationale	MedBridge	0.2
Clinical Bike Fit Case Studies	MedBridge	0.2
Clinical Bike Fit Process	MedBridge	0.2
TRX Suspension Training Basics	TRX	0.3
ViPR PRO Fundamentals Mobile	ViPR PRO	0.9
EXERCISE SCIENCE		
Application of Normal and Abnormal Exercise Physiology in The Adult	Allied Health Education	0.3
Introduction to Exercise Science - Level 1 (Anatomy and Kinesiology)	Educational Fitness Solutions	0.6
Introduction to Exercise Science - Level 2 (Exercise Physiology)	Educational Fitness Solutions	0.6
The Science and Biomechanics of Resistance/Weight Training	Educational Fitness Solutions	0.4

Title/Details	Provider	CEU
<u>Breathing and Postural Control</u>	<u>HomeCEUConnection.com</u>	0.4
<u>Bodybuilding Anatomy</u>	<u>Human Kinetics</u>	0.4
<u>Bodyweight Strength Training Anatomy</u>	<u>Human Kinetics</u>	0.5
<u>Kinetic Anatomy</u>	<u>Human Kinetics</u>	1.2
<u>Practical Guide to Exercise Physiology</u>	<u>Human Kinetics</u>	1.8
<u>Running Anatomy</u>	<u>Human Kinetics</u>	0.3
<u>Science and Development of Muscle Hypertrophy</u>	<u>Human Kinetics</u>	1.2
<u>Stretching Anatomy</u>	<u>Human Kinetics</u>	0.4
<u>Anatomy in Three Dimensions: Common Knee Problems and Solutions</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Anatomy in Three Dimensions: The Shoulder</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Anatomy: Reconnect With Your Spine Muscles</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Back to Basics With Anatomy</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Cue Movement and Exercise With Abdominal Anatomy</u>	<u>IDEA Health & Fitness Association</u>	0.2

Title/Details	Provider	CEU
Cue Movement and Exercise With Hip Anatomy	IDEA Health & Fitness Association	0.3
Exercise Science Update: New Research and Ideas	IDEA Health & Fitness Association	0.3
Vital Anatomy-Functional Applications	IDEA Health & Fitness Association	0.4
Muscle Oxygen Physiology	Moxy Monitor	0.3
Principles of Movement-Based Training	Personal Training on the Net	0.2
Biomechanics: Analysis of Human Movement	UCLA Extension	2.0
Biomechanics of Musculoskeletal Injury	UCLA Extension	2.0
FEMALE SPECIFIC		
An Evidence-Based Comparison of Female Athlete Triad and RED-s	Allied Health Education	0.3
Prenatal and Postpartum Exercise Prescription	American Academy of Health & Fitness	1.0
Complete Guide to Training the Female Athlete	Athletes Acceleration	0.9
Strength Training - Youth	Center for Health and Fitness Continuing Education	0.5
Equal, But not the Same	C.H.E.K. Institute	1.0

Title/Details	Provider	CEU
<u>Exercising Safely and Managing Common Complaints During Pregnancy</u>	<u>ContinuingEducation.com</u>	0.2
<u>Pregnancy and Postpartum Coaching</u>	<u>Core Exercise Solutions</u>	2.0
<u>Designing Women's Exercise Programs</u>	<u>Educational Fitness Solutions</u>	0.4
<u>Female Anatomy and Physiology</u>	<u>Educational Fitness Solutions</u>	0.4
<u>Women's Health and Wellness for Special Populations</u>	<u>Educational Fitness Solutions</u>	0.4
<u>Women, Exercise, & Metabolism</u>	<u>Exercise ETC</u>	0.2
<u>Women's Home Workout Bible</u>	<u>Exercise ETC</u>	0.9
<u>The HIIT Advantage: High Intensity Workouts for Women</u>	<u>Exercise ETC</u>	0.8
<u>Moms Gone Strong</u>	<u>Girls Gone Strong</u>	0.6
<u>High-Intensity Training for Women</u>	<u>Human Kinetics</u>	0.8
<u>Prenatal & Postpartum Exercise Design</u>	<u>Human Kinetics</u>	0.8
<u>Communicating With Your Female Clients for Breakthrough Results</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Fat-Loss Programming for Your Female Clients</u>	<u>IDEA Health & Fitness Association</u>	0.2

Title/Details	Provider	CEU
<u>Fit for Two: Pre- and Postnatal Training</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>How Hormones and Metabolism Change the Training Game for Females</u>	<u>IDEA Health & Fitness Association</u>	0.4
<u>Smart Programming for the Peri- and Postmenopausal</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Solutions for Training Postpregnancy Clients</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Female Lumbo-Pelvic Complex</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Female Physique-The Link Between Nutrition, Hormones and Strength Training</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>New Resistance Training Guidelines for Women over 40</u>	<u>PhysicalTherapy.com</u>	0.3
<u>Sports Performance Programming for the Pregnant and Postpartum Female Athlete</u>	<u>PhysicalTherapy.com</u>	0.3
<u>The Master Female Athlete</u>	<u>PhysicalTherapy.com</u>	0.3
<u>Training the Female Client</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Training the Pregnant Athlete</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Understanding the Female Pelvic Core Neuromuscular System</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Women, Metabolism and the Hormonal Highway!</u>	<u>IDEA Health & Fitness Association</u>	0.3

Title/Details	Provider	CEU
Women, Weights and Results	IDEA Health & Fitness Association	0.3
Current Guidelines for Prenatal Fitness	MedBridge	0.2
Female Athlete Triad	MedBridge	0.3
Postpartum Fitness Program Design	MedBridge	0.2
FLEXIBILITY/MOBILITY		
Stretching Anatomy	Exercise ETC	1.0
Facilitated Stretching	Human Kinetics	1.6
Stretching Physiology, Techniques and More	HomeCEUConnection.com	0.4
Facilitated Stretching	Human Kinetics	1.6
Prescriptive Stretching	Human Kinetics	0.4
Stretch to Win	Human Kinetics	1.4
Flexibility for the Inflexible	IDEA Health & Fitness Association	0.2
Loaded Mobility Training	IDEA Health & Fitness Association	0.2

Title/Details	Provider	CEU
Optimize Function and Mobility with Strong and Stable Shoulders and Glutes	IDEA Health & Fitness Association	0.3
Flexibility Training	National Academy of Sports Medicine	0.3
Neuromuscular Stretching	National Academy of Sports Medicine	0.3
Flexologist Training Program (open to Stretchlab employees only)	Stretchlab	2.0
FUNCTIONAL TRAINING		
Functional Training	Exercise ETC	1.0
Functional Training: Myths & Mystique (Webinar)	Exercise ETC	0.3
Functional Training	Human Kinetics	1.0
Fascial Line Mobility	IDEA Health & Fitness Association	0.3
Functional Flexibility for the Active Aging	IDEA Health & Fitness Association	0.3
Functional Movement Triad	IDEA Health & Fitness Association	0.3
Insights Into Functional Training and Corrective Movement	IDEA Health & Fitness Association	0.3
Isolation to Integration: Corrective Exercise from a Functional Perspective	IDEA Health & Fitness Association	0.4

Title/Details	Provider	CEU
The Forgotten Five: Essential Muscles for Functional Movement	IDEA Health & Fitness Association	0.3
ThinkFit Flexibility: Dynamic Stretching Tricks and Tools	IDEA Health & Fitness Association	0.3
Upper-Extremity Mechanics and Techniques	IDEA Health & Fitness Association	0.3
Functional Integrated Training	Personal Training on the Net	0.2
Principles of Functional Exercise	Fit and Functional	2.0
GENERAL		
4A Health Club Year One	4A Health	2.0
Active Life Immersion for Coaches	Active Life Rx	2.0
Online Coach Awareness Seminar	Active Life Rx	0.8
ALTIS Essentials	ALTIS	2.0
ALTIS Foundation	ALTIS	2.0
Bought-In	Brett Bartholomew	1.5
Q&A for Fitness Professionals	Center for Health and Fitness Continuing Education	0.4

Title/Details	Provider	CEU
<u>Anabolic Steroids and Other Performance-Enhancing Drugs: Body Busters, Not Builders</u>	<u>ContinuingEducation.com</u>	0.2
<u>Tactical Training: How to Program in Less Than Ideal Situations</u>	<u>ELEIKO</u>	0.2
<u>Athletic Body In Balance</u>	<u>Exercise ETC</u>	0.9
<u>Cheap Tricks for Trainers</u>	<u>Exercise ETC</u>	0.3
<u>Integrated Postural Training</u>	<u>Exercise ETC</u>	0.2
<u>Rebuilding the Base: Overcoming Movement Compensations</u>	<u>Exercise ETC</u>	0.3
<u>Tactical Training Systems</u>	<u>EXOS</u>	0.5
<u>Athletic Movement Skills</u>	<u>Human Kinetics</u>	1.7
<u>NSCA's Certified Personal Trainer (NSCA-CPT) Enhanced Online Study</u>	<u>Human Kinetics</u>	2.0
<u>NSCA's Certified Strength and Conditioning Specialist (CSCS) Enhanced Online Study</u>	<u>Human Kinetics</u>	2.0
<u>Smarter Workouts</u>	<u>Human Kinetics</u>	0.7
<u>Stronger Experts Seminar</u>	<u>Hype Gym</u>	1.3
<u>2014-2018 IDEA Fitness Journal Quizzes</u>	<u>IDEA Health & Fitness Association</u>	0.1
<u>Handstands</u>	<u>IDEA Health & Fitness Association</u>	0.2

Title/Details	Provider	CEU
Heart Rate Variability - The Science of Recovery Based Training	IDEA Health & Fitness Association	0.3
How to Create High Performance Outcomes	IDEA Health & Fitness Association	0.3
Little Tweaks for Big Results!	IDEA Health & Fitness Association	0.3
Movement for Health, Functionality, and Longevity	IDEA Health & Fitness Association	0.8
Posture Improvement Workshop	IDEA Health & Fitness Association	0.3
Push, Pull, Bend, Twist, Squat And Lunge!	IDEA Health & Fitness Association	0.3
Quick Fix Workouts	IDEA Health & Fitness Association	0.3
Strength and Conditioning Games for Improved Fitness and Performance	IDEA Health & Fitness Association	0.4
MMAFx Hand Fighting Skills Training Program	LombardMMA - MMAFx	0.5
Strength and Conditioning in Sports	MedBridge	0.3
MASS Course #1	Monthly Applications in Strength Sport	0.8
Movement Fix Workshop Online	Movement Fix	0.7
Strength and Conditioning	National Federation of High School Associations	0.6

Title/Details	Provider	CEU
Art of Breath	PowerSpeedEndurance	0.5
PTA Global Foundations Course	PTA Global	2.0
RPR Level One Clinic (Online)	Reflexive Performance Reset	0.6
The Performance Digest Volume 1 (Issues 1-6)	Science for Sport	0.5
The Performance Digest Volume 2 (Issues 7-12)	Science for Sport	0.5
The Performance Digest Volume 3 (Issues 13-18)	Science for Sport	0.5
The Performance Digest Volume 4 (Issues 19-24)	Science for Sport	0.5
L2 Fitness Summit	Somerset Fitness	1.2
The Complete Trainers Toolbox	Somerset Fitness	1.7
Melding of Models	SPS Performance Consulting	1.4
Stronger Experts	Stronger Experts	2.0
Personal Training (CER 526)	United States Sports Academy	2.0
Sports Strength & Conditioning (CER 525)	United States Sports Academy	2.0

Title/Details	Provider	CEU
Essentials of Elite Performance (Online)	Z-Health	2.0
INJURY PREVENTION & RECONDITIONING		
Pro-Active Postural Restructuring	Academy of Holistic Fitness	1.8
Developing Fit Knees: Current Concepts in ACL Injury Prevention	Allied Health Education	0.3
Dynamic Stretching and Other Keys to Lower Extremity Injury Prevention	Allied Health Education	0.3
Fit for Running: Assessment, Rehab and Training Strategies to Maximize Performance and Reduce Injuries	Allied Health Education	0.3
Back Stability: Integrating Science and Therapy	American Academy of Health & Fitness	1.6
Preventing Back Injuries	Center for Health and Fitness Continuing Education	0.5
Preventing Knee Injuries	Center for Health and Fitness Continuing Education	0.5
Preventing Shoulder Injuries	Center for Health and Fitness Continuing Education	0.5
Staying Injury Free	Center for Health and Fitness Continuing Education	0.7
Too Hot to Handle: Heat-Related Injuries in the ED	ContinuingEducation.com	0.2
Avoiding Common Fitness Injuries	Exercise ETC	0.3

Title/Details	Provider	CEU
Good Knee/Bad Knee	Exercise ETC	0.3
Fit to Move: Training to Prevent Re-injury	Exercise ETC	0.3
Sports Injuries Guidebook	Exercise ETC	0.9
A Health Care Provider's Guide To Preventing Injury In Baseball	HomeCEUConnection.com	0.4
A Health Care Provider's Guide To Preventing Injury In Soccer	HomeCEUConnection.com	0.3
Exercises for Prevention of and Recovery from Back Pain	HomeCEUConnection.com	0.5
Integrative Corrective Exercise Approach	Fitness Revolution	0.9
Effects of Exercise on Immune Function	Gatorade Sports Science Institute	0.1
Heat Acclimatization To Improve Athletic Performance In Warm-Hot Environments	Gatorade Sports Science Institute	0.1
Prehab for the Most Common Runner Injuries: IT Band, Shin Splints Treatment & More	HomeCEUConnection.com	0.2
Exercise for Hip and Knee Replacement	Human Kinetics	0.5
Running Injuries: Strategies for Prevention and Intervention	Human Kinetics	1.1
Advanced Corrective Exercise	IDEA Health & Fitness Association	0.4

Title/Details	Provider	CEU
Corrective Exercise for Shoulder Impairments	IDEA Health & Fitness Association	0.3
Restoring Fundamental Movement Patterns with Corrective Strategies	IDEA Health & Fitness Association	0.3
Run Injury Free! Understanding Impact Forces	IDEA Health & Fitness Association	0.3
Scapular Stability: Shouldering the Load	IDEA Health & Fitness Association	0.3
Spinal Stabilization Versus Pelvic Stabilization	IDEA Health & Fitness Association	0.3
The Gluteals and Their Link to Low-Back Pain	IDEA Health & Fitness Association	0.3
The Next Wave in Corrective Exercise: Rhythm & Timing	IDEA Health & Fitness Association	0.3
The Roll Model Fascial Makeover: Prioritize Your Periphery	IDEA Health & Fitness Association	0.3
TriggerPoint Corrective Strategies for Hip Dysfunction	IDEA Health & Fitness Association	0.3
TriggerPoint Corrective Strategies for the Foot and Ankle	IDEA Health & Fitness Association	0.3
Ultimate Back Exercises for Injury Prevention	IDEA Health & Fitness Association	0.4
Group Injury Prevention	MedBridge	0.2
The Knee: Injuries Unique to Knee Structure and Function	MedBridge	0.3
Addressing & Preventing Low Back Pain	Personal Training on the Net	0.2

Title/Details	Provider	CEU
Post Rehab Essentials	Post Rehab Essentials	1.2
Injury Resiliency	Professional Football Strength & Conditioning Coaches Association	1.4
METABOLIC CONDITIONING		
Complete Sports Conditioning	Athletes Acceleration	0.6
High Intensity Training: When Less is More	Exercise ETC	0.3
Maximum Interval Training	Human Kinetics	1.7
The Walking Solution	Human Kinetics	0.6
Physiological Adaptations to Low-Volume High-Intensity Interval Training	Gatorade Sports Science Institute	0.1
The Science and Application of High-Intensity Interval Training	HIIT Science	2.0
Developing Endurance	Human Kinetics	1.5
Maximum Interval Training	Human Kinetics	1.7
Science and Application of High-Intensity Interval Training	Human Kinetics	1.6
HIITs Blitz	IDEA Health & Fitness Association	0.3
HIIT Step	IDEA Health & Fitness Association	0.3
Make Your Barre Classes a HIIT	IDEA Health & Fitness Association	0.3

Title/Details	Provider	CEU
Metabolic Disruption	IDEA Health & Fitness Association	0.2
Metabolic Meltdown	IDEA Health & Fitness Association	0.3
Turbo Tabata	IDEA Health & Fitness Association	0.3
XiT Extreme Interval Training	IDEA Health & Fitness Association	0.3
Connecting the Dots: A Clinician's Role in Endurance Sports Performance	MedBridge	0.2
Cardio for Fitness	National Academy of Sports Medicine	0.3
Cardio for Performance	National Academy of Sports Medicine	0.3
Metabolic Resistance Training	National Sports Performance Association	0.2
MIND-BODY		
Mind-Body Fitness for Personal Trainers	Academy of Holistic Fitness	1.0
Psych Skills for Fitness Pros	Dr. Lewis Consulting and Psychotherapy	1.2
Forever Young: Secrets of the Older Mind	Exercise ETC	0.3
The Applied Neuroscience of Peak Performance	EXOS	0.4
Applied Health Fitness Psychology	Human Kinetics	1.4
Applying Music in Sport and Exercise	Human Kinetics	1.7

Title/Details	Provider	CEU
Creating Emotionally Charged Exercise Experiences	IDEA Health & Fitness Association	0.3
Neuroscience for the Fitness Professional: How Exercise Affects Our Most Important Organ-The Brain!	IDEA Health & Fitness Association	0.2
Putting Heart into Mind-Body Training	IDEA Health & Fitness Association	0.3
The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits	IDEA Health & Fitness Association	0.2
Common Mental Health Concerns in Athletes	MedBridge	0.3
Peak Performance and Psychology of Performance	MedBridge	0.2
Psychology of Injury	MedBridge	0.2
Mental Toughness	National Academy of Sports Medicine	0.5
Stress Response to Exercise	Personal Training on the Net	0.2
Mental Strength Coaching and Training	Warrior Mind Coaching	2.0
MODALITY/SPORT SPECIFIC		
AHF Yoga Teacher Training	Academy of Holistic Fitness	2.0
Practical Yoga for Personal Trainers	Academy of Holistic Fitness	0.9
Speedo Fit Training	EXOS	0.8
Introduction to Running Mechanics	Fit and Functional	0.3

Title/Details	Provider	CEU
Advanced Marathoning	Human Kinetics	0.7
High-Performance Training for Sports	Human Kinetics	2.0
Pilates Anatomy	Human Kinetics	0.4
Power Yoga	Human Kinetics	0.5
Strength Training for Football	Human Kinetics	1.0
Teaching Power Yoga for Sports	Human Kinetics	0.6
Water Exercise	Human Kinetics	1.0
The BYOB Workout	IDEA Health & Fitness Association	0.3
Pilates 50/50	IDEA Health & Fitness Association	0.3
Yoga: Adjust Me Puhleeeeeeze!	IDEA Health & Fitness Association	0.3
Yoga Anatomy 101	IDEA Health & Fitness Association	1.0
Yoga Anatomy 201	IDEA Health & Fitness Association	1.0
Yoga for Optimal Client Performance	IDEA Health & Fitness Association	0.3
Yoga Progressions and Regressions	IDEA Health & Fitness Association	0.3
Ballet Technique: Vocabulary, Mechanics, Stressors, & Modifications	MedBridge	0.2

Title/Details	Provider	CEU
Horton Technique: Vocabulary, Mechanics, Stressors, & Treatment	MedBridge	0.1
Run Better: Strength and Power Development for Endurance Athletes	MedBridge	0.3
Running Footwear	MedBridge	0.2
The Swim Stroke Analysis	MedBridge	0.2
The Swimmer's Shoulders	MedBridge	0.2
5 Keys to Weightlifting for Athletes	National Sports Performance Association	0.2
Soccer Fitness Trainer's Course	Soccer Fitness	0.4
Strength Training for Cycling Success	Training Peaks University	1.2
Strength Training for Triathlon Success	Training Peaks University	1.4
TRX for Yoga	TRX	0.5
Yin Yoga Teacher Training	Yoga with Kassandra	1.2
NUTRITION		
Applying Science to Performance: The Fuels of Engagement (e-mail for access)	Active Eating Advice	0.2
Sports Nutrition: Evidence-based Guidelines & Practical Application	Allied Health Education	0.3
Nutrition for Special Dietary Needs	American Academy of Health & Fitness	0.9

Title/Details	Provider	CEU
Complete Sports Nutrition	Athletes Acceleration	0.4
All About Ginseng	Center for Health and Fitness Continuing Education	0.1
Nutrition Essentials	Center for Health and Fitness Continuing Education	0.7
Fitness Nutrition Coaching Habit Change for Active & Athletes	Coach Johann CSCS Fitness Coaching	1.0
Alternative and Integrative Nutrition	ContinuingEducation.com	0.5
Carbohydrate Requirements for Exercise	ContinuingEducation.com	0.1
Cardiovascular Nutrition and Fitness	ContinuingEducation.com	0.5
Diet, Exercise and Fitness	ContinuingEducation.com	0.5
Dietary Fiber and Cholesterol Reduction	ContinuingEducation.com	0.1
Fat Loading for Endurance Sports	ContinuingEducation.com	0.1
Functional Foods Part I	ContinuingEducation.com	0.4
Functional Foods Part II	ContinuingEducation.com	0.5
Green Tea: New Benefits from an Old Favorite?	ContinuingEducation.com	0.2
Herbal Supplements	ContinuingEducation.com	0.4
Is Wine a Functional Food?	ContinuingEducation.com	0.2

Title/Details	Provider	CEU
Liquid Nutrition for the Athlete	ContinuingEducation.com	0.1
Nutrition for Women Part 1, Sexual & Reproductive Health	ContinuingEducation.com	0.4
Nutrition for Women Part 2, Diet and Diseases of Lifestyle	ContinuingEducation.com	0.5
Nutrition for Women Part 3, Menopause and Beyond	ContinuingEducation.com	0.4
Nutrition for Young Athletes	ContinuingEducation.com	0.4
Nutritional Counseling for Adolescents and Young Adults	ContinuingEducation.com	0.3
Nuts, Chocolate and Cardiovascular Health	ContinuingEducation.com	0.2
Practical Nutrition for Fitness Professionals	ContinuingEducation.com	0.4
Sports and Weight-Loss Supplements	ContinuingEducation.com	0.2
The Future of Foods: What's in Store for Us?	ContinuingEducation.com	0.4
Vegetarian Nutrition	ContinuingEducation.com	0.4
Plant-Based Nutrition Certificate	eCornell	2.0
Introduction to Sports Nutrition and Performance	Educational Fitness Solutions	0.5
Nutrition Analysis and Management	Educational Fitness Solutions	0.6
Nutrition and You: Functional Foods	Educational Fitness Solutions	0.4

Title/Details	Provider	CEU
Public Nutrition and Wellness Education	Educational Fitness Solutions	0.4
Nancy Clark's Sports Nutrition Guidebook	Exercise ETC	1.6
Plant Based Sports Nutrition	Exercise ETC	1.0
Sports Nutrition & Weight Management	Fitness4Professionals	0.5
Assessing Hydration In The Laboratory And Field	Gatorade Sports Science Institute	0.1
Carbohydrate Mouth Rinse: Performance Effects And Mechanisms	Gatorade Sports Science Institute	0.1
Carbohydrate Nutrition And Team Sports Performance	Gatorade Sports Science Institute	0.1
Dietary Assessment Methods For The Athlete: Pros And Cons Of Different Methods	Gatorade Sports Science Institute	0.1
Dietary Nitrate: The New Magic Bullet?	Gatorade Sports Science Institute	0.1
Effects Of Dietary Constituents On Cognitive And Motor Skill Performance In Sports	Gatorade Sports Science Institute	0.1
Endurance Exercise And Antioxidant Supplementation: Sense Or Nonsense? - Part 1	Gatorade Sports Science Institute	0.1
Endurance Exercise And Antioxidant Supplementation: Sense Or Nonsense? - Part 2	Gatorade Sports Science Institute	0.1
Hydration & Aerobic Performance: Impact Of Environment	Gatorade Sports Science Institute	0.1
Is There A Need For Protein Ingestion During Exercise?	Gatorade Sports Science Institute	0.1
Manipulating Carbohydrate Availability To Promote Training Adaptation	Gatorade Sports Science Institute	0.1

Title/Details	Provider	CEU
Multiple Transportable Carbohydrates And Their Benefits	Gatorade Sports Science Institute	0.1
New Ideas About Nutrition And The Adaptation To Endurance Training	Gatorade Sports Science Institute	0.1
Nutrition And The Molecular Response To Strength Training	Gatorade Sports Science Institute	0.1
Nutritional Interventions To Enhance Sleep	Gatorade Sports Science Institute	0.1
Nutritional Recommendations To Avoid Gastrointestinal Complications During Exercise	Gatorade Sports Science Institute	0.1
Protein Consumption And Resistance Exercise: Maximizing Anabolic Potential	Gatorade Sports Science Institute	0.1
Protein Ingestion Prior To Sleep: Potential For Optimizing Post-Exercise Recovery	Gatorade Sports Science Institute	0.1
Sodium Ingestion, Thirst And Drinking During Endurance Exercise	Gatorade Sports Science Institute	0.1
The Importance Of Vitamin D For Athletes	Gatorade Sports Science Institute	0.1
Using Nutrition And Molecular Biology To Maximize Concurrent Training	Gatorade Sports Science Institute	0.1
Vitamin D Measurement & Supplementation: What, When, Why & How?	Gatorade Sports Science Institute	0.1
Complete Shoulder & Hip Blueprint	Gatorade Sports Science Institute	1.1
Nutrition for Endurance Athletes: Evidence Based Protocols	HomeCEUConnection.com	0.4
Eat. Lift. Thrive.	Human Kinetics	0.7
Endurance Sports Nutrition	Human Kinetics	1.9

Title/Details	Provider	CEU
Fueling Young Athletes	Human Kinetics	0.9
NSCA's Guide to Sport and Exercise Nutrition	NSCA/Human Kinetics	1.4
Nancy Clark's Sports Nutrition Guidebook	Human Kinetics	2.0
Plant-Based Sports Nutrition	Human Kinetics	0.7
Sports Nutrition	Human Kinetics	2.0
Sports Supplements	Human Kinetics	1.0
The New Power Eating	Human Kinetics	0.9
Vegetarian Sports Nutrition	Human Kinetics	1.1
An Introduction to Holistic Nutrition	IDEA Health & Fitness Association	0.4
Are You Hungry or Stressed?	IDEA Health & Fitness Association	0.3
Balancing Hormones through Nutrition	IDEA Health & Fitness Association	0.3
Beyond the Macros: Placing the Focus Back on Nutrient-Dense Foods	IDEA Health & Fitness Association	0.2
Bridging the Gap Between Good Intentions and Meaningful Nutrition Change	IDEA Health & Fitness Association	0.2
Carb IQ: Comparing Keto, Paleo and Low Carb	IDEA Health & Fitness Association	0.2
Carbohydrates-Their Role in Body Composition, Weight Management and Performance	IDEA Health & Fitness Association	0.4

Title/Details	Provider	CEU
<u>Caving to the Craving: The New Science of Food Addiction and Recovery...With a Twist</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Dynamic Nutrition Science: Parsing Today's Most Relevant Research for Real Life</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Eat to Win-Enhance Performance and Promote Recovery</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Eating a Lower Inflammatory Diet</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Food for Thought: Brain, Gut, Microbes, Diet</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Guiding Others to Create Their Healthiest, Most Delicious Lives</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Is It Time to Eat Yet?</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>It Takes Guts! Connecting Brain, Diet and Microbiome</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>New Research on Protein, Metabolism, Recovery and Satiety</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Nutrition Basics and Nutrient Timing</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Nutrition Myth Busters: Science Fact or Fiction?</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>How to Fix a Broken Diet – Three Ways to Get your Eating on Track</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Intermittent Fasting – Science or Fiction?</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Protein Master Class: Health, Performance and Weight Loss</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Protein Obsessed: Sorting the Truth From the Hype</u>	<u>IDEA Health & Fitness Association</u>	0.2

Title/Details	Provider	CEU
Protein Overload: Are You Eating More Than You Need?	IDEA Health & Fitness Association	0.3
The Better, Not Perfect, Nutrition Plan	IDEA Health & Fitness Association	0.3
The Complete Idiot's Guide to Plant-Based Nutrition	IDEA Health & Fitness Association	0.3
The Hidden Messages in Food	IDEA Health & Fitness Association	0.2
To Dairy or Not to Dairy? Translating the Science for Your Clients	IDEA Health & Fitness Association	0.2
Today's Food Conversation	IDEA Health & Fitness Association	0.2
Translating Today's Nutrition Science for Your Clients	IDEA Health & Fitness Association	0.2
Weighing the Evidence Behind Nutrition Research	IDEA Health & Fitness Association	0.2
Nutrition in Sports	MedBridge	0.3
Nutrition for Sports, Exercise & Weight Management: What Really Works - and Why!	Nutrition Sports Exercise CEUs	1.5
Macronutrients & Exercise	Personal Training on the Net	0.2
Sports Nutrition Principles for Training and Recovery - Strategies to Optimize Performance	PhysicalTherapy.com	0.3
Exercise and Sports Nutrition	UCLA Extension	2.0
OLDER ADULT		
SrFit Mature Fitness	American Academy of Health & Fitness	2.0

Title/Details	Provider	CEU
Strength Training Older Adults	American Academy of Health & Fitness	1.0
Fitness for the Older Adult	Center for Health and Fitness Continuing Education	0.5
Designing Older Adult Exercise Programs	Educational Fitness Solutions	0.9
Socio-Physiological Aspects of Aging	Educational Fitness Solutions	0.5
Age-appropriate Strength Training	Exercise ETC	0.3
Strength and Conditioning for Seniors	Exercise ETC	0.3
Advanced Strength Training for Older Adults	Geri-Fit Company LLC	2.0
Physical Activity Instruction in Older Adults	Human Kinetics	1.1
Strength Training Past 50	Human Kinetics	1.3
ACE IFT- Integrated Fitness Training for Active Aging	IDEA Health & Fitness Association	0.3
Aging Strong	IDEA Health & Fitness Association	0.3
Baby Boomers - The Truth About Stretching!	IDEA Health & Fitness Association	0.3
Biohack Your Body--Anti-Aging Secrets to Ensure Movement Longevity	IDEA Health & Fitness Association	0.3
Functional Power Training for Older Clients	IDEA Health & Fitness Association	0.3
I Am Ageless Now	IDEA Health & Fitness Association	0.9

Title/Details	Provider	CEU
Techniques to Rehabilitate and Protect the Knees	IDEA Health & Fitness Association	0.3
The Aging Club Member Crisis	IDEA Health & Fitness Association	0.3
The Science of Functional Aging	IDEA Health & Fitness Association	0.3
Using Function to Avoid Dysfunction in Aging	IDEA Health & Fitness Association	0.3
Strength Training for Older Adults Part 1: Lower Body Major Lifts	MedBridge	0.2
Strength Training for Older Adults Part 2: Upper Body Major Lifts	MedBridge	0.2
POWER TRAINING		
Altis Foundation	ALTIS	2.0
Coaches Guide to Jump Training	Athletes Acceleration	0.3
Complete Olympic Lifting	Athletes Acceleration	0.3
A Comprehensive Guide to the Vertical Jump	Athletes Rehab	0.5
Pure Power: Integrated Rotational Training	Exercise ETC	0.3
Introduction to Plyometrics	Fit and Functional	0.5
Developing Power	Human Kinetics	1.2
Plyometrics	Human Kinetics	2.0

Title/Details	Provider	CEU
How to Safely Introduce Plyometrics Into Your Clients' Routines	IDEA Health & Fitness Association	0.3
Olympic Lifting - The Mechanics and Progressions	IDEA Health & Fitness Association	0.3
Reactive Training	National Academy of Sports Medicine	0.3
Programming for Muscle Strength and Power Gains	PhysicalTherapy.com	0.3
Power Athlete Methodology - Level One Course: Unlocking Athletic Potential	Power Athlete	1.5
PROGRAM DESIGN		
Complete Program Design	Athletes Acceleration	0.7
Advanced Program Design	C.H.E.K. Institute	1.0
Program Design	C.H.E.K. Institute	0.8
JC's Total Body Transformation	Exercise ETC	1.0
Smarter Workouts	Exercise ETC	2.0
The S3 Training Method	Fitness Revolution	0.5
Client-Centered Exercise Prescription	Human Kinetics	2.0
Conditioning to the Core	Human Kinetics	1.6
Heart Rate Training	Human Kinetics	0.6

Title/Details	Provider	CEU
NSCA's Guide to Program Design	Human Kinetics	1.3
Periodization Training for Sports	Human Kinetics	2.0
Progressing Clients From Function to Performance	IDEA Health & Fitness Association	0.2
Six Steps to Better Program Design	IDEA Health & Fitness Association	0.3
The Eight Essentials of Program Design	IDEA Health & Fitness Association	0.3
The New ACE Integrated Fitness Training Model	IDEA Health & Fitness Association	0.8
Program Design	KILO Strength Society	0.5
Kinesics Theory	Kinesics	0.7
Kinesics Training Course 1	Kinesics	1.0
Kinesics Training Course 2	Kinesics	1.0
Programming: Movement	OPEX Fitness	0.6
OPEX Coaching Certificate Program	OPEX Fitness	2.0
Periodization	Personal Training on the Net	0.2
RECOVERY		
Research Reveals the Benefits of Meditation	ContinuingEducation.com	0.2

Title/Details	Provider	CEU
Optimize Immunity: Utilize Eleiko's 4 Pillars for Better Training Outcomes	ELEIKO	0.4
Sleep And the Elite Athlete	Gatorade Sports Science Institute	0.1
Hyperice SMR + Vibration Technology Course Level 1	Hyperice	0.2
Hypervolt for Self-Administration	Hyperice	0.2
Designing a Self-Myofascial Release Program	IDEA Health & Fitness Association	0.3
Sleep Science for Fitness Professionals	IDEA Health & Fitness Association	0.2
Spine-Focused Self-Myofascial Release	IDEA Health & Fitness Association	0.3
Total Massage, Relaxation and Beyond	IDEA Health & Fitness Association	0.3
TriggerPoint for Movement: Hip and Shoulder Mobility	IDEA Health & Fitness Association	0.3
TriggerPoint Myofascial Compression Techniques for Injury Prevention and Better Movement	IDEA Health & Fitness Association	0.3
RumbleRoller Foundations Course	RumbleRoller	0.3
Rest and Recovery: Best Practices to Maximize Muscle Strength	PhysicalTherapy.com	0.2
Sleep Recommendations for Competitive Athletes	PhysicalTherapy.com	0.2
RESISTANCE/STRENGTH TRAINING		
Combined Training: Evidence-Based Practice Strength & Conditioning Programming	American Academy of Health & Fitness	0.5

Title/Details	Provider	CEU
Muscle Mechanics	Exercise ETC	1.0
Optimal Muscle Training	Exercise ETC	0.8
Secrets of Strength & Conditioning	Exercise ETC	0.3
Strong & Sculpted	Exercise ETC	1.0
Advanced Strength & Power	EXOS	0.4
Designing Resistance Training Programs	Human Kinetics	2.0
Essentials of Eccentric Training	Human Kinetics	1.6
Exercise Technique for Resistance Training	Human Kinetics	2.0
Muscle & Strength	Human Kinetics	1.5
NSCA's Strength Training	Human Kinetics	1.9
Timing Resistance Training	Human Kinetics	0.6
21st Century Body Sculpt	IDEA Health & Fitness Association	0.2
Advanced And Progressive Mechanics Of Lifting And Strength Training	IDEA Health & Fitness Association	0.3
Rock Solid!	IDEA Health & Fitness Association	0.3
Strength Training for Optimal Results	IDEA Health & Fitness Association	0.2

Title/Details	Provider	CEU
The Matrix – Innovative Group Strength Design	IDEA Health & Fitness Association	0.3
Winning Group Strength Program Design	IDEA Health & Fitness Association	0.3
Guide to Bodybuilding	National Academy of Sports Medicine	0.2
Positional Isometrics	National Academy of Sports Medicine	0.3
Resistance Training	National Academy of Sports Medicine	0.3
Programming Strength	OPEX Fitness	0.5
Loaded Exercises and Movement Based Training	Personal Training on the Net	0.2
Non-Traditional Strength Training	Personal Training on the Net	0.2
Strength Training	Personal Training on the Net	0.2
Combined Training: Evidence-Based Practice Strength and Conditioning Programming	PhysicalTherapy.com	0.3
Hypertrophy Course	Thibarmy	0.5
Hypertrophy Cornerstone Course	Thibarmy	0.5
SMALL GROUP TRAINING		
10 New BIG Things in Small-Group Training	IDEA Health & Fitness Association	0.3
Innovative Drills for Small Group Training	IDEA Health & Fitness Association	0.3

Title/Details	Provider	CEU
Small Group Training Workshop	IDEA Health & Fitness Association	0.6
Training Two at Once: The Power of Collaborative, Competitive Partner Training	IDEA Health & Fitness Association	0.3
Small Group Personal Training	Personal Training on the Net	0.2
SPECIFIC CONDITIONS		
Functional Training for the Adaptive Athlete	Adaptive Coaching	0.5
Cancer and the Older Adult	American Academy of Health & Fitness	0.4
Cancer Exercise Certificate	American Academy of Health & Fitness	1.7
Exercise and Cancer Survivorship	American Academy of Health & Fitness	1.1
Ball Skills Playbook: A Special Needs Exercise Program	Brain Body 360	0.5
Adult Obesity in the United States: A Growing Epidemic	ContinuingEducation.com	0.2
Fibromyalgia: Looking Good and Feeling Awful	ContinuingEducation.com	0.2
Marfan Syndrome: Inherited Disorder has Far-Reaching Effects	ContinuingEducation.com	0.2
Osteoporosis Prevention and Treatment	ContinuingEducation.com	0.4
The Patient With Meniere's Disease	ContinuingEducation.com	0.2
Exercise and Aging for Special Populations	Educational Fitness Solutions	0.6

Title/Details	Provider	CEU
Low Back Disorders	Human Kinetics	1.1
The Athlete's Guide to Diabetes	Human Kinetics	0.9
The BEST Exercise Program for Osteoporosis Prevention	Human Kinetics	0.6
ACE IFT - Training Strategies for Clients With Chronic Health Conditions	IDEA Health & Fitness Association	0.3
Complete Program Design for the Obese/Overweight Client	IDEA Health & Fitness Association	0.3
Insights Into Lower-Back Pain and Functional Solutions	IDEA Health & Fitness Association	0.3
Pain-Free Movement-The Science and Application	IDEA Health & Fitness Association	0.3
Reversing the Invisible Epidemic: Coaching People Who Have Prediabetes	IDEA Health & Fitness Association	0.2
Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change	IDEA Health & Fitness Association	0.2
SparkPro Training Diabetes Prevention Program Group Lifestyle Balance Lifestyle Coach	IDEA Health & Fitness Association	1.5
The Nuts and Bolts of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid	IDEA Health & Fitness Association	0.3
Special Populations	Personal Training on the Net	0.2
Strength Training for Different Populations	PhysicalTherapy.com	0.3
SPEED/AGILITY/QUICKNESS		
Developing Agility and Quickness for Sports Performance	American Academy of Health & Fitness	0.7

Title/Details	Provider	CEU
Complete Speed Games	Athletes Acceleration	0.4
Complete Speed Training	Athletes Acceleration	0.7
The 0.10 Second Difference, the Science & Application of Elite Linear Speed	EXOS	0.4
Developing Agility and Quickness	NSCA/Human Kinetics	1.3
Developing Speed	Human Kinetics	1.1
Speed, Agility, & Quickness	National Academy of Sports Medicine	0.3
Keys to Coaching Acceleration	National Sports Performance Association	0.2
TECHNOLOGY		
Training with Technology	HomeCEUConnection.com	0.5
Can Technology Be Harnessed to Inspire Lasting Behavior Change?	IDEA Health & Fitness Association	0.2
Three Technologies to Engage and Empower Clients Inside and Outside the Session	IDEA Health & Fitness Association	0.3
GPS Technology in Soccer	International Sports Technology Association	0.4
WARM UP		
Complete Warm-Up	Athletes Acceleration	0.4
The Warm Up: Maximize Performance and Improve Long-Term Athletic Development	Human Kinetics	0.5

Title/Details	Provider	CEU
Let's Get Dynamic!	IDEA Health & Fitness Association	0.3
The Warm-Up Makeover: Start With a Bang!	IDEA Health & Fitness Association	0.3
WEIGHT MANAGEMENT		
Weight Management	Center for Health and Fitness Continuing Education	0.5
Adult Weight Management	ContinuingEducation.com	0.4
Preventing Pediatric Obesity	ContinuingEducation.com	0.4
Weight Loss Medications	ContinuingEducation.com	0.1
Weight Management and Nutrition in the Lifecycle	Educational Fitness Solutions	0.5
Beyond Cardio: Sweat Equity & Weight Management	Exercise ETC	0.3
Strength Training for Fat Loss	Human Kinetics	1.8
Balancing Hormones for Optimal Weight Loss	IDEA Health & Fitness Association	0.3
How to Run Your Own "Drop Two Sizes" Challenge	IDEA Health & Fitness Association	0.3
Mastering Fat Metabolism and Weight Management	IDEA Health & Fitness Association	0.8
Winning at Losing - Weight Management Made Simple	IDEA Health & Fitness Association	0.3
5 Essential Skills for Facilitating Sustainable Weight Loss	Novo Wellness	0.6

Title/Details	Provider	CEU
YOUTH		
JrFit Youth Fitness	American Academy of Health & Fitness	2.0
Complete Youth Training	Athletes Acceleration	0.5
Conditioning Young Athletes	Human Kinetics	1.7
Essentials of Youth Fitness	Human Kinetics	1.3
Powerful Play: The Ultimate Guide to the Foundations of Youth Fitness and Physical Literacy	SPIDERfit Kids	1.0
Youth Training	Personal Training on the Net	0.2