



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 Core Conditioning	C.H.E.K. Institute	1.3
Scientific Shoulder Training	C.H.E.K. Institute	1.3
The Knee: Top Trends in Training	Exercise ETC	0.2
The Shoulder: New School Training Techniques	Exercise ETC	0.2

Title/Details	Provider	CEU
Understanding Shoulder Dysfunction	Exercise ETC	0.2
When Good Knees Go Bad	Exercise ETC	0.2
Complete Shoulder & Hip Blueprint	Gentilcore Training Systems	1.1
The Glute Builder	Glute Builder	0.3
Foundations of Heart Rate Variability	HRVcourse.com	1.1
From the Hip	IDEA Health & Fitness Association	0.3
Fundamental Principles of Upper Body Training - Pushing, Pulling and Pressing	IDEA Health & Fitness Association	0.3
Group Exercise Applications for Training the Posterior Chain	IDEA Health & Fitness Association	0.3
Rescue Your Knees-Look at Your Feet	IDEA Health & Fitness Association	0.2
The Female Glute Relocation Program	IDEA Health & Fitness Association	0.3
Training Fascia - Research Developments in Fibrous Connective Tissue Training	IDEA Health & Fitness Association	0.3
Your Guide to Stronger Legs and Great Glutes!	IDEA Health & Fitness Association	0.3
ASSESSMENT		

Title/Details	Provider	CEU
Fitness Assessment and Exercise Prescription for All Ages	American Academy of Health & Fitness	1.7
Dynamic Warm-Up Movement Assessment	DWMA	0.5
Health Risk Profiles and Fitness Assessment Techniques	Educational Fitness Solutions	0.6
NeuroFascial Patterning: Assessing Movement	HomeCEUConnection.com	0.5
Advanced Fitness Assessment and Exercise Prescription	Human Kinetics	2.0
Cardiorespiratory Fitness Assessment and Prescription	Human Kinetics	0.4
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
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

Title/Details	Provider	CEU
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
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
OPEX Level 1 Assessment Module	OPEX	0.7
Corrective Exercise Solutions to Postural and Movement Dysfunction	Personal Training on the Net	0.3
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

Title/Details	Provider	CEU
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
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

Title/Details	Provider	CEU
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
Todd Durkin's Boot Camp	IDEA Health & Fitness Association	0.3
BUSINESS		
Consumer Safety and Business Ethics	Association of Fitness Studios	0.3
Creating a Brand Promise and Delivering Memorable Client Experiences	Association of Fitness Studios	0.4
Creating Operational Standards, Systems, and Success Plans for Your Fitness Business	Association of Fitness Studios	0.3
Starting Your Own Business - What it Takes to Launch a Successful Studio/Gym	Association of Fitness Studios	0.2
The Essentials of Sales, Marketing and Branding	Association of Fitness Studios	0.5
Anatomy of a Fitness Business	IDEA Health & Fitness Association	0.3
GENERATE Buzz With Simple Marketing	IDEA Health & Fitness Association	0.2

Title/Details	Provider	CEU
Proven Strategies to Build Your Brand Using YouTube	IDEA Health & Fitness Association	0.3
REACH More Clients: Be Loud and Proud	IDEA Health & Fitness Association	0.2
Business Development for the Club Fitness Professional	National Academy of Sports Medicine	1.0
Auto-Closer	Net Profit Explosion	1.0
Advanced Fitness Sales	Personal Training on the Net	0.2
CIRCUIT TRAINING		
Cardio-Strength Circuits For Fun And Function!	IDEA Health & Fitness Association	0.3
Functional Circuits for Aging Clients	IDEA Health & Fitness Association	0.3
Creative Circuits—Five Steps to Better Program Design	IDEA Health & Fitness Association	0.2
Heart-Core Circuit Training: The New Edition	IDEA Health & Fitness Association	0.3
Performance Circuits	Personal Training on the Net	0.2
CORE TRAINING		
Advanced Core Training	Advanced Core Training Seminar	0.7

Title/Details	Provider	CEU
Complete Core	Athletes Acceleration	0.5
Conditioning to the Core	Exercise ETC	1.1
Core Training Anatomy	Exercise ETC	0.6
Core Training: Working Hard or Hardly Working?	Exercise ETC	0.2
Core Stability - Not For The Spine, But For The Extremities - The Real Truth	HomeCEUConnection.com	0.5
Developing the Core	Human Kinetics	1.3
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
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
From Neck to Knees...More Than Just Core!	IDEA Health & Fitness Association	0.3

Title/Details	Provider	CEU
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 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		
Blood Flow Restriction (BFR) Training	BFR Bands	0.9
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
The Science and Application of Whole Body Vibration	EXOS (Athlete's Performance)	0.3
Complete Guide to Foam Rolling	Human Kinetics	0.8
Complete Guide to TRX Suspension Training	Human Kinetics	1.1

Title/Details	Provider	CEU
<u>Dumbbell Training</u>	<u>Human Kinetics</u>	1.1
<u>Kettlebell Training</u>	<u>Human Kinetics</u>	1.2
<u>Strength Ball Training</u>	<u>Human Kinetics</u>	1.0
<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>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>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
The Essence of Body Weight Training	Institute of Human Performance	2.0
The Essence of Dumbbell Training	Institute of Human Performance	2.0
The Essence of Stability Ball Training	Institute of Human Performance	2.0
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
Kettlebell Corrective Strategies and Techniques - The Hip and Shoulder	Physical Culture Press	0.7
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

Title/Details	Provider	CEU
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
Breathing and Postural Control	HomeCEUConnection.com	0.4
Bodybuilding Anatomy	Human Kinetics	0.4
Bodyweight Strength Training Anatomy	Human Kinetics	0.5
Kinetic Anatomy	Human Kinetics	1.2
Practical Guide to Exercise Physiology	Human Kinetics	1.8
Running Anatomy	Human Kinetics	0.3
Science and Development of Muscle Hypertrophy	Human Kinetics	1.2
Stretching Anatomy	Human Kinetics	1.4
Hyperice SMR + Vibration Technology Course Level 1	Hyperice	0.2
Anatomy in Three Dimensions: Common Knee Problems and Solutions	IDEA Health & Fitness Association	0.3

Title/Details	Provider	CEU
Anatomy in Three Dimensions: The Shoulder	IDEA Health & Fitness Association	0.3
Anatomy: Reconnect With Your Spine Muscles	IDEA Health & Fitness Association	0.3
Back to Basics With Anatomy	IDEA Health & Fitness Association	0.3
Cue Movement and Exercise With Abdominal Anatomy	IDEA Health & Fitness Association	0.2
Cue Movement and Exercise With Hip Anatomy	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

Title/Details	Provider	CEU
Complete Guide to Training the Female Athlete	Athletes Acceleration	0.9
Pregnancy and Postpartum Athleticism	Brianna Battles	2.0
Strength Training - Youth	Center for Health and Fitness Continuing Education	pending
Equal, But not the Same	C.H.E.K. Institute	1.0
Exercising Safely and Managing Common Complaints During Pregnancy	ContinuingEducation.com	0.2
Designing Women's Exercise Programs	Educational Fitness Solutions	0.4
Female Anatomy and Physiology	Educational Fitness Solutions	0.4
Women's Health and Wellness for Special Populations	Educational Fitness Solutions	0.4
The HIIT Advantage: High Intensity Workouts for Women	Exercise ETC	0.8
High-Intensity Training for Women	Human Kinetics	0.8
Prenatal & Postpartum Exercise Design	Human Kinetics	0.8
Communicating With Your Female Clients for Breakthrough Results	IDEA Health & Fitness Association	0.3
Fat-Loss Programming for Your Female Clients	IDEA Health & Fitness Association	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>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>Women, Metabolism and the Hormonal Highway!</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Women, Weights and Results</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Female Athlete Triad</u>	<u>MedBridge</u>	0.3

Title/Details	Provider	CEU
FLEXIBILITY/MOBILITY		
Facilitated Stretching	Exercise ETC	1.0
Stretching Physiology, Techniques and More	HomeCEUConnection.com	0.4
Facilitated Stretching	Human Kinetics	1.6
Stretch to Win	Human Kinetics	1.4
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
FUNCTIONAL TRAINING		
Functional Training	Exercise ETC	1.0
Functional Training: The Next Generation (Webinar)	Exercise ETC	0.2
Functional Training	Human Kinetics	1.0
Fascial Line Mobility	IDEA Health & Fitness Association	0.3

Title/Details	Provider	CEU
<u>Insights Into Functional Training and Corrective Movement</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Isolation to Integration: Corrective Exercise from a Functional Perspective</u>	<u>IDEA Health & Fitness Association</u>	0.4
<u>The Forgotten Five: Essential Muscles for Functional Movement</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>ThinkFit Flexibility: Dynamic Stretching Tricks and Tools</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Upper-Extremity Mechanics and Techniques</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Essence of Functional Training</u>	<u>Institute of Human Performance</u>	2.0
<u>Functional Integrated Training</u>	<u>Personal Training on the Net</u>	0.2
<u>Principles of Functional Exercise</u>	<u>Fit and Functional</u>	2.0

Title/Details	Provider	CEU
GENERAL		
<u>ALTIS Essentials</u>	<u>ALTIS</u>	2.0
<u>Altis Foundation: 12 Modules Exploring Concepts, Theories, & Methodologies Essential For Coaches Of Speed-Power Athlete</u>	<u>ALTIS</u>	2.0
<u>Bought-In</u>	<u>Brett Bartholomew</u>	1.5
<u>Q&A for Fitness Professionals</u>	<u>Center for Health and Fitness Continuing Education</u>	0.4
<u>Anabolic Steroids and Other Performance-Enhancing Drugs: Body Busters, Not Builders</u>	<u>ContinuingEducation.com</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>	0.2
<u>Integrated Postural Training</u>	<u>Exercise ETC</u>	0.2
<u>Tactical Training Systems</u>	<u>EXOS (Athlete's Performance)</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

Title/Details	Provider	CEU
2014-2018 IDEA Fitness Journal Quizzes	IDEA Health & Fitness Association	0.1
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
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
Strength and Conditioning	National Federation of High School Associations	0.6
PTA Global Foundations Course	PTA Global	2.0

Title/Details	Provider	CEU
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
Melding of Models	SPS Performance Consulting	1.4
Training & Conditioning CEU Quizzes	Training & Conditioning	0.2
Personal Training (CER 526)	United States Sports Academy	2.0
Sports Strength & Conditioning (CER 525)	United States Sports Academy	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

Title/Details	Provider	CEU
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	1.4
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	0.2
Good Knee/Bad Knee	Exercise ETC	0.2
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

Title/Details	Provider	CEU
<u>Integrative Corrective Exercise Approach</u>	<u>Fitness Revolution</u>	0.9
<u>Effects of Exercise on Immune Function</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Heat Acclimatization To Improve Athletic Performance In Warm-Hot Environments</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Prehab for the Most Common Runner Injuries: IT Band, Shin Splints Treatment & More</u>	<u>HomeCEUConnection.com</u>	0.2
<u>Exercise for Hip and Knee Replacement</u>	<u>Human Kinetics</u>	0.5
<u>Running Injuries: Strategies for Prevention and Intervention</u>	<u>Human Kinetics</u>	1.1
<u>Advanced Corrective Exercise</u>	<u>IDEA Health & Fitness Association</u>	0.4
<u>Corrective Exercise for Shoulder Impairments</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Restoring Fundamental Movement Patterns with Corrective Strategies</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Run Injury Free! Understanding Impact Forces</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Scapular Stability: Shouldering the Load</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>Spinal Stabilization Versus Pelvic Stabilization</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Gluteals and Their Link to Low-Back Pain</u>	<u>IDEA Health & Fitness Association</u>	0.3

Title/Details	Provider	CEU
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
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	0.2

Title/Details	Provider	CEU
Maximum Interval Training	Exercise ETC	1.0
Physiological Adaptations to Low-Volume High-Intensity Interval Training	Gatorade Sports Science Institute	0.1
Developing Endurance	Human Kinetics	1.5
Maximum Interval Training	Human Kinetics	1.7
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
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

Title/Details	Provider	CEU
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
Forever Young: Secrets of the Older Mind	Exercise ETC	0.2
The Applied Neuroscience of Peak Performance	EXOS (Athlete's Performance)	0.4
Applied Health Fitness Psychology	Human Kinetics	1.4
Applying Music in Sport and Exercise	Human Kinetics	1.7
Creating Emotionally Charged Exercise Experiences	IDEA Health & Fitness Association	0.3
Putting Heart into Mind-Body Training	IDEA Health & Fitness Association	0.3
Common Mental Health Concerns in Athletes	MedBridge	0.3
Peak Performance and Psychology of Performance	MedBridge	0.2
Psychology of Injury	MedBridge	0.2

Title/Details	Provider	CEU
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 (Athlete's Performance)	0.8
Introduction to Running Mechanics	Fit and Functional	0.3
High-Performance Training for Sports	Human Kinetics	2.0
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

Title/Details	Provider	CEU
Yoga Anatomy 101 Certificate	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
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
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

Title/Details	Provider	CEU
NUTRITION		
<u>Applying Science to Performance: The Fuels of Engagement (e-mail for access)</u>	<u>Active Eating Advice</u>	0.2
<u>Sports Nutrition: Evidence-based Guidelines & Practical Application</u>	<u>Allied Health Education</u>	0.3
<u>Nutrition for Special Dietary Needs</u>	<u>American Academy of Health & Fitness</u>	0.8
<u>Complete Sports Nutrition</u>	<u>Athletes Acceleration</u>	0.4
<u>All About Ginseng</u>	<u>Center for Health and Fitness Continuing Education</u>	0.1
<u>Nutrition Essentials</u>	<u>Center for Health and Fitness Continuing Education</u>	0.7
<u>Fitness Nutrition Coaching Habit Change for Active & Athletes</u>	<u>Coach Johann CSCS Fitness Coaching</u>	1.0
<u>Alternative and Integrative Nutrition</u>	<u>ContinuingEducation.com</u>	0.5
<u>Carbohydrate Requirements for Exercise</u>	<u>ContinuingEducation.com</u>	0.1
<u>Cardiovascular Nutrition and Fitness</u>	<u>ContinuingEducation.com</u>	0.5
<u>Diet, Exercise and Fitness</u>	<u>ContinuingEducation.com</u>	0.5
<u>Dietary Fiber and Cholesterol Reduction</u>	<u>ContinuingEducation.com</u>	0.1

Title/Details	Provider	CEU
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
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

Title/Details	Provider	CEU
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
Public Nutrition and Wellness Education	Educational Fitness Solutions	0.4
Nancy Clark's Sports Nutrition Guidebook	Exercise ETC	1.6
Sports Nutrition & Weight Management	Fitness4Professionals	0.5
Assessing Hydration In The Lab 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 Sport Performance	Gatorade Sports Science Institute	0.1
Dietary Assessment Methods For The Athletes: 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

Title/Details	Provider	CEU
<u>Endurance Exercise And Antioxidant Supplementation: Sense Or Nonsense - Part 1</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Endurance Exercise And Antioxidant Supplementation: Sense Or Nonsense - Part 2</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Hydration And Aerobic Performance: Impact Of Environment</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Is There A Need For Protein Consumption During Exercise?</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Manipulating Carbohydrate Availability To Promote Training Adaptation</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Multiple Transportable Carbohydrates And Their Benefits</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>New Ideas About Nutrition And Adaptations To Endurance Training</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Nutrition And The Molecular Response To Strength Training</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Nutritional Interventions To Enhance Sleep</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Nutritional Recommendations To Avoid Gastrointestinal Distress During Exercise</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Protein Consumption And Resistance Exercise: Maximizing Anabolic Potential</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Protein Ingestion Prior To Sleep: Potential For Optimizing Post-Exercise Recovery</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Sodium Ingestion, Thirst And Drinking During Endurance Exercise</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>The Importance Of Vitamin D For Athletes</u>	<u>Gatorade Sports Science Institute</u>	0.1
<u>Using Nutrition And Molecular Biology To Maximize Concurrent Training</u>	<u>Gatorade Sports Science Institute</u>	0.1

Title/Details	Provider	CEU
Vitamin D Measurement And 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
Fueling Young Athletes	Human Kinetics	0.9
NSCA's Guide to Sport and Exercise Nutrition	Human Kinetics	1.4
Sports Nutrition	Human Kinetics	2.0
Sports Supplements	Human Kinetics	1.0
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
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>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>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 Obsessed: Sorting the Truth From the Hype</u>	<u>IDEA Health & Fitness Association</u>	0.2
<u>Protein Overload: Are You Eating More Than You Need?</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Better, Not Perfect, Nutrition Plan</u>	<u>IDEA Health & Fitness Association</u>	0.3
<u>The Complete Idiot's Guide to Plant-Based Nutrition</u>	<u>IDEA Health & Fitness Association</u>	0.3

Title/Details	Provider	CEU
The Hidden Messages in Food	IDEA Health & Fitness Association	0.2
Todays Food Conversation	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
Strength Training Older Adults	American Academy of Health & Fitness	0.9
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	0.2

Title/Details	Provider	CEU
Strength and Conditioning for Seniors	Exercise ETC	0.2
Advanced Strength Training for Older Adults	Geri-Fit Company LLC	2.0
Physical Activity Instruction in Older Adults	Human Kinetics	1.4
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
Functional Power Training for Older Clients	IDEA Health & Fitness Association	0.3
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

Title/Details	Provider	CEU
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
Introduction to Plyometrics	Fit and Functional	0.5
Developing Power	Human Kinetics	1.2
Plyometrics	Human Kinetics	2.0
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
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

Title/Details	Provider	CEU
Program Design	C.H.E.K. Institute	0.8
The S3 Training Method	Fitness Revolution	0.5
Client-Centered Exercise Prescription	Human Kinetics	2.0
Conditioning to the Core	Human Kinetics	1.6
NSCA's Guide to Program Design	Human Kinetics	1.3
Periodization Training for Sports	Human Kinetics	2.0
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
OPEX Level 1 Program Design Module	OPEX	1.3
Periodization	Personal Training on the Net	0.2

Title/Details	Provider	CEU
RECOVERY		
Research Reveals the Benefits of Meditation	ContinuingEducation.com	0.2
Recovery Techniques For Athletes	Gatorade Sports Science Institute	0.1
Sleep And Elite Athletes	Gatorade Sports Science Institute	0.1
Designing a Self-Myofascial Release Program	IDEA Health & Fitness Association	0.3
Sleep Science for Fitness Professionals	IDEA Health & Fitness Association	0.2
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
RESISTANCE/STRENGTH TRAINING		
Combined Training: Evidence-Based Practice Strength & Conditioning Programming	Amy Ashmore	0.5
Programming for Strength Gains	Amy Ashmore	0.2
Optimal Muscle Training	Exercise ETC	0.8
Secrets of Strength & Conditioning	Exercise ETC	0.2

Title/Details	Provider	CEU
Advanced Strength & Power	EXOS (Athlete's Performance)	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
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
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
Loaded Exercises and Movement Based Training	Personal Training on the Net	0.2

Title/Details	Provider	CEU
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
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
Small Group Training Workshop	IDEA Health & Fitness Association	0.6
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

Title/Details	Provider	CEU
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
Integrated Exercise Guidelines for Fibromyalgia	Fusion Tactical & Athletic Development	0.3
Low Back Disorders	Human Kinetics	1.1
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
Special Populations	Personal Training on the Net	0.2
SPEED/AGILITY/QUICKNESS		
Developing Agility and Quickness for Sports Performance	American Academy of Health & Fitness	0.7
Complete Speed Games	Athletes Acceleration	0.4
Complete Speed Training	Athletes Acceleration	0.7

Title/Details	Provider	CEU
The 0.10 Second Difference, the Science & Application of Elite Linear Speed	EXOS (Athlete's Performance)	0.4
Developing Agility and Quickness	Human Kinetics	1.0
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
WARM UP		
Complete Warm-Up	Athletes Acceleration	0.4
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

Title/Details	Provider	CEU
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
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
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
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
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