NSCA™
NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

CEU Provider Program

The CEU Provider's Guide to offering CEUs through the NSCA

CERTIFIED • PERSONAL • TRAINER NSCA EST. 1993 ®

CERTIFIED STRENGTH & CONDITIONING SPECIALIST NSCA CSCS Est. 1985 ®

CERTIFIED SPECIAL POPULATION SPECIALIST NSCA CSPS Est. 2012 ™

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About the NSCA

Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

About the CSCS, NSCA-CPT, and CSPS

NSCA offers three certifications, the Certified Strength and Conditioning Specialist (CSCS) and the NSCA-Certified Personal Trainer (NSCA-CPT). The three certifications are highly recognized and respected in today's competitive marketplace. The CSCS is the only strength and conditioning certification and the NSCA-CPT is the first fitness related certification to be accredited by the National Commission for Certifying Agencies (NCCA).

CEU Provider Program

About the CEU Provider Program

The CEU Provider Program provides continuing education opportunities to those certified by the NSCA through a variety of entities. The common goal is to acknowledge and uphold the NSCA's superior standards. By participating in NSCA's CEU Provider Program, providers can separate their programs from the countless choices available in the health and fitness industry. Becoming an NSCA CEU Provider gives you credibility in the strength and conditioning and fitness industry, signifying to consumers that your program has met the stringent standards of the NSCA.

NSCA CEU
APPROVED

Why Become a Provider?

Provider Benefits

The CEU Provider Program is a powerful marketing tool for reaching a wide range of professionals. The provider of a CEU-approved event or activity stands to benefit in many important ways, contributing significantly to your event's overall success. The following are just a few good reasons for your organization to consider:

Credibility

Receiving CEU approval from NSCA increases the stature of your educational event or activity because it signifies that it meets the NSCA's stringent standards for continuing education. The NSCA's certifications are widely considered "*Credentials of Distinction*" in the strength and conditioning and personal training fields.

Access to an Ideal Market

There are over 36,000 NSCA certified professionals needing CEU approved events. These professionals require 6.0 CEUs, or 60 contact hours to maintain their certification(s) during each 3-year cycle.

Promotional Assistance

The NSCA assists with the promotion of your event or activity through Web exposure on the NSCA CEU

How it Works/Events & Activities

Activity Calendar, access to targeted mailing lists, and the use of the CEU Provider Logo for the approved CEU Providers to use in advertisements, promotions, and other marketing materials. This logo is strictly reserved for NSCA APPROVED CEU EVENTS AND ACTVITIES ONLY.

NSCA Bulletin
The NSCA Bulletin is a monthly online newsletter sent via e-mail to certified individuals and posted on the NSCA website. Each newsletter includes a complete calendar of events, repeat events, and links to home-study courses.

Targeted Mailing List
As an approved CEU Provider, options exist for renting local, regional, national, or international mailing lists of NSCA members. Some restrictions may apply. Call 800-815-6826 for details.

Applying

How the Program Works

Live Events
The NSCA reviews each event or activity in its entirety to determine the number of CEUs applicable based upon the content and number of contact hours for the event or activity (one hour= 0.1 CEU, in most cases). CEUs are awarded for hours of education only. CEUs are not awarded for registration times, lunch breaks, social gatherings, or other breaks during the event or activity. Additionally, workout sessions not included as part of a practical exercise education module do not qualify for CEU designation.

Requirements:

1. Complete access must be granted to all course materials for review; they can be submitted electronically or by mail.

2. Detailed session descriptions including an hour-by-hour schedule must accompany course materials.

3. Course flyer and/or other marketing material to be submitted with application.

Home-Study / Correspondence Events
Home Study (HS)/Correspondence Events include any online trainings, videos, or home study programs and activities. HS/Correspondence events are considered valid materials for 1 year from the approval date. If no changes are made to the course a renewal form can be submitted without resubmitting course materials in their entirety.

Requirements:

1. Complete access must be granted to all course materials for review; they can be submitted electronically or by mail.

2. A word count must accompany any print documents included with the course.

3. Courses must include an assessment following the course to measure participant comprehension and assure course completion.

HS/Correspondence CEU value is determined by word count, content difficulty and quality, and by the number and degree of difficulty of the assessment questions.

Events and Activities

To be eligible for CEU approval, events or activities must be consistent with the CSCS and/or NSCA-CPT Scope of Practice, exam content, and the policies of the CEU program. The NSCA does not award CEUs for events or activities that do not fall within these categories. The maximum number of CEUs per event is 2.0, or 20 contact hours.

Please Note:

- Presenters must possess relevant demonstrable experience, education, and certification on the topic they are presenting.
- If the term, "certification" is used anywhere in the submission, marketing materials, on the website, or anywhere else, the course WILL NOT BE APPROVED.
- The NSCA must receive a completed application with all required documents before the event or activity will be reviewed. Allow four weeks for the application to be processed.

Events/Activities that Qualify

Convention/Conference
A convention or conference is defined as an activity that includes *two or more concurrent sessions*. For example, if participants have the opportunity to choose between 2 or more seminars running at the same time, this event is considered a convention or conference.
Fee per session: $25
Basic application fee: $100

Single/Multiple Events
A single event is a 1-time activity (can run multiple days). A multiple event is the same event that repeats at a different time and/or location within one year from the date of the first occurrence. Each provider will be charged the basic application fee for the first event each year only.
Fee for each repeat event: $50
Basic Application Fee: $100

Home Study/Correspondence Course
A correspondence course is a home-study course or online course that must have academic and/or professional content that furthers the education of the student. Proper in-text citations and reference pages are required to avoid copyright infringement for all non-original work. APA, AMA, and MLA numerical referencing styles are acceptable. If you are renewing a previously approved correspondence course, please contact the NSCA for a renewal application (800-815-6826, or email provider@nsca.com).
Correspondence courses are valid for 1 year from approval date.
Total application fee: $200
Renewal fee: $125

Events and Activities That Qualify

Qualifying Activities (examples)

- Anatomy/Physiology
- Nutrition
- Biomechanics
- Fitness Management
- Health/Wellness
- Training Techniques
- Sport Psychology

Non-Qualifying Activities (examples)

- Surgery
- Diagnosing
- Radiology/Imaging
- General Business/Statistics
- Group Fitness/Holistic Activities
- Unrelated Allied Health Topics (e.g., hypnosis, acupuncture, etc.)
- Sponsor as Host

Examples Defined — the following activities MAY qualify for review and CEU approval

1. Fitness Management – topics that increase the knowledge and understanding of establishing and maintaining a business.
   a. Current industry trends
   b. Business development
   c. Fitness-specific marketing
   d. Accounting/Finance
   e. Staff development/leadership/teamwork

Portions of group fitness/holistic activities may qualify for approval. For example, bike fit; heart rate/training intensity might qualify for a spinning workshop. Music selection, choreography, etc., do not qualify.

2. ***Sponsor as Host Policy — Companies selling fitness equipment or other related topics may not be approved for CEUs. An example is a company offering seminars on how to use their equipment.***

Approval Standards & Restrictions
The NSCA reserves the right to deny approval status for any events or activities that do not comply with the best interests of NSCA certified professionals and members.

1. Independence — CEU Provider events and activities must be free of influence from commercial interests. Free of commercial interests means that control of content resides with the CEU Provider and is not influenced by equipment manufacturers, nutritional supplement companies or manufacturers, certification providers, other retailers or manufacturers of commercial products, etc. The provider

must demonstrate a clear distinction between promotion and education.

The event or activity must be free of all conflicts of interest. A conflict of interest exists in programs in which a presenter or host seeks to sell or promote a product or service. Company-sponsored events and activities must have an educational partner that has full control of the educational program. Such arrangements must have a written agreement declaring this independence. **Refer to Declaration of Independence template.**

2. Appropriate Use of Commercial Support
   a. The host cannot be required by the sponsor to choose presenters and/or participants. The sponsor cannot dictate other educational matters including but not limited to content, and must not obtain or seek to obtain commercial-interest benefits as conditions of contributing funds or services.
   b. A written agreement must specify the commercial interest as the source of the sponsorship.
   c. Presentation slides, handouts, notes, etc., cannot contain any advertising or product-group or brand-specified message or material.

3. It is the policy of the NSCA to deny CEU approval for events and activities that are not founded or based on evidence-based scientific research. In addition, events or activities that are largely duplicative of NSCA events and offerings may not be approved. Programs that compete with NSCA-sponsored events, based upon content, location, timing, etc., may not be approved. This includes but is not limited to Conferences, Webinars, online programming, and NSCA State Clinics. Certification programs and programs that focus solely on workouts or workout instruction may not be approved.
   a. Events or activities similar in content or within 300 miles or 2 months of an approved NSCA event or activity may not be approved.

Application Process

As the sponsor of an event or activity, the provider must submit a CEU approval application for that event or activity at least four weeks prior to the activity date. If an application is submitted less than four weeks from the event start date, a late fee is charged in addition to regular application fees. The NSCA does not award CEUs for any applications received after the event or activity has taken place and will return the application to the contact person unprocessed. If the activity submitted is a correspondence course, the course materials and exam must be submitted with the application.

Application Checklist — Live Events

1._____ Completed CEU Provider Application along with payment information

2._____ Resume/biography; to be used to justify the credentials of each presenter

3._____ Signed disclosure statement

4._____ Dates/locations of each event

5._____ Hard or electronic copies of any and all handouts

6._____ Reference list

7._____ Flyer/brochure

8._____ Detailed schedule with hour-by-hour DETAILED description

9._____ Completed session grid (for conventions/conferences only)

Application Checklist — Home Study/Correspondence Course

1._____ Completed CEU Provider Application along with payment information

2._____ Resume/biography verifying the credentials of each presenter

3._____ Signed disclosure statement

4._____ Dates/locations of each event

5._____ Flyer/brochure

6._____ Access to all course documents for review

   a. Courses with required reading must provide hard or electronic copy of all materials
   b. Access to all online materials must be provided for review

Any and all materials submitted to the NSCA for review remain the intellectual property of the party submitting the material and will not be used for any purpose other than material/content review for CEU approval.

The NSCA reserves the right to approve or deny CEUs for any reason at any time. The NSCA maintains the final decision on all approval procedures.

Award Letter
Once the event or activity is approved, the provider will receive an award letter specifying the number of CEUs that can be earned by NSCA credential holders who participate in the event or activity. The award letter will include an approval number for that particular activity. (At the time of the event or activity, the approval number should be placed on a form that documents the credential holder's attendance. See Participation Verification below).

Promotional Assistance
Once the event or activity is approved for CEUs, the NSCA will post the information on the CEU Activity Calendar website and in the monthly NSCA Bulletin.

Participation Verification
When the event or activity takes place, each participating NSCA credential holder must receive documentation that verifies the individual's participation. (The documentation must include the participant's name and the approval number the provider received with the award letter. A model documentation form will be included with the award letter.) You do not need to report participation to the NSCA. It is up to each credential holder to maintain a file of his/her CEU documentation forms.

Blackout Dates
The NSCA reserves the right to deny CEU approval for events and activities that compete with NSCA specific events or interests.

Audit
The NSCA reserves the right to audit, at the cost of the NSCA, any or all activities or events and may or may not remove the CEU approval award based on the findings of the audit.

If you have questions about whether your activity may qualify for CEU approval, please call the NSCA Certification department toll-free at 800-815-6826 or email provider@nsca.com.

NSCA Certification Department | 1885 Bob Johnson Dr., Colorado Springs, CO 80906
Phone: 719-632-6722 | Toll-free: 800-815-6826 | Fax: 719-632-6367 | Email: provider@nsca.com

The CSCS and NSCA-CPT certifications are accredited by the National Commission for Certifying Agencies.

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