

# National Organizations/Associations Approval of Continuing Education Credits/Units (CECs/CEUs)

## Online Certificate in Personal Fitness Training & Online Advanced Certificate in Personal Fitness Training

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs  
CSCS, NSCA-CPT (excludes the Business Administration course)
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- The **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **Academy of Nutrition and Dietetics (AND, formally ADA)** has approved the Certificate in Personal Training program for 50 Continuing Professional Education Units (CPEUs), the Advanced Certificate program for 30 CPEUs, and the Optional Field Internship Course for 10 CPEUs for both Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs). Each course is 10 CPEUs

## Online Certificate in Sports Nutrition and Performance

- National Posture Institute (NPI) / 5 CECs
- American College of Sports Medicine (ACSM) / 20 CECs
- National Strength and Conditioning Association (NSCA) / 2 CECs  
CSCS, NSCA-CPT
- International Sports Science Association (ISSA) / 10 CECs
- American Senior Fitness Association (SFA) / 2.0 CEUs
- Health and Fitness Professionals Association (HFPA) / 30 CECs
- National Federation of Professional Trainers (NFPT) / 1 CEC, equivalent to an entire 6 month CEC requirement.
- National Strength Professional Association (NSPA) / 2 CEUs
- **Commission on Dietetic Registration (CDR)**, the credentialing agency for the **Academy of Nutrition and Dietetics (AND, formally ADA)** has approved the Certificate in Sports Nutrition program for 120 Continuing Professional Education Units (CPEUs)/ or 30 (CPEUs) per each individual course taken separately for both the Registered Dietitian (RDs) and Dietetic Technician-Registered (DTRs).

**Note: If you do not see your organization/association on this list, you can still submit your course completion information to them for approval. Each class is rated at 50 contact hours.**