

**NOTE: The CSEP CEP PDC requirement for renewal is 30 PDCs every two years. Members are encouraged to select quality professional development opportunities that will further enhance their knowledge, skills and expertise in the areas of health-related fitness, performance-related fitness applications and clinical populations.**

| <b>List of PDC Categories</b>   | <b>Category Details</b>   | <b>Professional Development Credits</b>   |  |
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| <b>Category A:</b><br><br><b>Profession Specific Scientific Research &amp; Applications Conferences with a focus on Physical Fitness.</b><br><br><b>***Note: These professional associations have both research and practitioner branches</b> | <i>CSEP endorsed programs &amp; conferences (annual scientific meeting eg CSEP-AGM, ALACD, Aging, Active living, workshops etc)</i> | 25 credits for multi-day ( 2 days) conference attendance<br>10 credits per day conference attendance<br>5 credits for being a presenter: free communication or poster         |  |
|   | <i>CSEP H &amp; FP Conference National or Provincial/Regional</i>   | 25 credits for multi-day ( 2 days) conference attendance<br>10 credits per full day conference attendance<br>5 credits for being a presenter: free communication or poster    |  |
|   | <i>ACSM endorsed programs &amp; conferences (annual scientific meetings, annual health &amp; fitness summit)</i>                    | 25 credits for multi-day ( 2 days) full conference attendance<br>10 credits per day conference attendance<br>5 credits for being a presenter: free communication or poster    |  |
|   | <i>NSCA endorsed programs &amp; conferences (annual scientific meetings, annual health &amp; fitness summit)</i>                    | 20 credits for multi-day ( 2 days) conference attendance<br>10 credits per conference attendance<br>5 credits for being a presenter: free communication or poster             |  |
|   | <i>Other professional association scientific conferences that have a healthy lifestyle focus</i>                                    | 20 credits for multi-day (2 days) full conference attendance<br>10 credits for one day conference attendance<br>5 credits for being a presenter: free communication or poster |  |
|   | <b>Category B:</b><br><br><b>CSEP H&amp;FP National or Provincial or Regional Committee Work</b>                                    | <i>Chair</i>  | 20 credits   |
|   |   | <i>Committee Member</i>   | 10 credits   |
|   |   | <i>Subcommittee Member</i>  | 5 credits  |
|   | <b>Category C:</b><br><br><b>CSEP CEP PREP Module</b>   | <i>Teaching</i>   | 20 credits per module  |
|   |   | <i>Assisting</i>  | 10 credits per module  |
|   | <b>Category D:</b><br><br><b>Workshops/seminars offered by active CEPs</b>  | <i>The content of which is related to PA/exercise science fitness applications</i>  | 1 credit for every hour of presenting, teaching or attendance to a maximum of 15 credits in a two year cycle |
|   | <b>Category E:</b><br><br><b>CPAFLA Course</b>  | <i>Teaching</i>   | 10 credits per course  |
|   |   | <i>Assisting</i>  | 5 credits per course   |

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| <b>Category F:</b><br><b>CPAFLA Refresher/Update Opportunities</b>  | <i>The content of which is related to the current edition of the CPAFLA.</i>  | 1 credit for every hour of presenting, teaching or attendance                                  |
| <b>Category G:</b><br><b>Peer Reviewed Publications (Research Journal Articles, Chapters in books, Position Statements, etc): Reviewed by experts (PhD) in related area</b> | <i>Authoring or Co-authoring a peer reviewed journal article (e.g.. CJPA, Med Sci Sport &amp; Exerc, etc.), chapter in a books), a book - the content of which is related to PA/exercise science fitness applications</i> | 20 credits per article or book chapter or per book   |
| <b>Category H:</b><br><b>Peer Reviewed Research Grants</b>  | Physical Activity/Exercise Science Research: NSERC, CIHR, CFI, CAHR, CFLRI, etc   | 10 credits for submitting the research grant<br>5 credits for being awarded the research grant |
| <b>Category I:</b><br><b>Non Peer Reviewed Commercial Fitness Publications</b>  | <i>Newsletters, Magazines, Trade Magazines, Books - the content of which is related to PA/exercise science fitness applications</i>   | 10 credits per article or book chapter or per book   |
| <b>Category J:</b><br><b>Post undergraduate and post certification academic pursuits: university degree academic courses or college diploma courses</b>                     | <i>Delivered by an accredited college or university. The content of these courses must be specific to physical activity/exercise science fitness and associated lifestyle applications</i>                                | 15 credits for taking a full year course<br>7.5 credits for taking a half year course          |
| <b>Category K:</b><br><b>Non-diploma or non-degree courses/continuing education opportunities - post certification pursuits</b>   | <i>Usually delivered through Distance Education, Continuing Education, the content must be specific to physical activity/exercise science and associated lifestyle fitness applications</i>                               | 5 credits for taking a course to a maximum of 3 courses per two year cycle                     |
| <b>Category L:</b><br><b>Non-diploma or non-degree on-line courses/educational opportunities - post certification pursuits</b>  | <i>Usually delivered by publishing companies such as Human Kinetics - the content must be specific to physical activity/exercise science fitness and associated lifestyle applications</i>                                | 5 credits per on-line course to a maximum of 3 on-line course per two year cycle               |

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| <b>Category M:</b><br><br><b>Proof of passing the test questions related to featured article that appear in scientific professional journals for fitness practitioners</b> | <i>Usually delivered by recognized Professional Fitness Associations that have both research and practitioner branches: CSEP, ACSM, NSCA</i>   | 3 credits per featured article to a maximum of 3 articles per two year cycle                                    |
| <b>Category N:</b><br><br><b>Fitness instructor skill courses</b>  | <i>Becoming a spinning instructor, Pilate's, etc - skills that would assist the CSEP CEP in the delivery of their fitness services</i>   | 5 credits per fitness instructor skills course  |
| <b>Category O:</b><br><br><b>Seminars/Workshops offered by Local, Private, Club or Commercial Fitness Consulting and/or Fitness Certification Agencies</b>                 | <i>Offered by other fitness or allied health practitioners not associated with ACSM, CSEP, NSCA</i>  | 1 credit for every hour of presenting, teaching or attendance to a maximum of 15 credits in a two year cycle    |
| <b>Category P:</b><br><br><b>Conferences offered or sponsored by Local, Private, Club or Commercial Fitness Consulting and/or Fitness Certification Agencies</b>           | <i>Offered by other fitness commercial enterprises not associated with ACSM, CSEP &amp; NSCA</i>   | 5 credits for each day of attendance at the conference<br><br>5 credits for being a presenter at the conference |
| <b>Category Q:</b><br><br><b>Automated Defibrillator Training</b>  | <i>Offered by a recognized agency</i>  | 5 credits per two year cycle  |
| <b>Category R:</b><br><br><b>First Aid/CPR Instructor Certification</b>  | <i>Affiliated with recognized agency</i>   | 10 credits per two year cycle   |
| <b>Category S:</b><br><br><b>Teaching university degree academic courses or college diploma courses</b>  | <i>Delivered at an accredited college or university. The content of these courses must be specific to physical activity/exercise science fitness and associated lifestyle applications</i> | 15 credits for teaching a full year course<br><br>7.5 credits for teaching a half year course                   |
| <b>Category T:</b>   | <i>Usually delivered through Distance Education, Continuing Education, the</i>   | 5 credits per half year course  |

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| <b>Teaching/Instructing non-diploma or non-degree courses/continuing education courses</b>   | <i>content must be specific to physical activity/exercise science and associated lifestyle fitness applications</i> |                            |
| <b>Category U:<br/><br/>CSEP Certified Exercise Physiologist Designation (obtained once)</b> | <i>Successfully completing all of the stated requirements</i>   | 10 credits (assigned once) |
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