

NOTE: The CSEP CEP Professional Development Credit 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.*

List of PDC Categories	Category Details	Professional Development Credits	
Category A: Profession Specific Scientific Research & Applications Conferences with a focus on Physical Fitness. ***Note: These professional associations have both research and practitioner branches	<i>CSEP endorsed programs & conferences (annual scientific meeting eg. CSEP-AGM, ALACD, Aging, Active living, workshops etc)</i>	25 credits for multi-day (2 days) conference attendance 10 credits per day conference attendance 5 credits for being a presenter: free communication or poster	
	<i>CSEP H&FP Conference National or Provincial/Regional</i>	25 credits for multi-day (2 days) conference attendance 10 credits per full day conference attendance 5 credits for being a presenter: free communication or poster	
	<i>ACSM endorsed programs & conferences (annual scientific meetings, annual health & fitness summit)</i>	25 credits for multi-day (2 days) full conference attendance 10 credits per day conference attendance 5 credits for being a presenter: free communication or poster	
	<i>NSCA endorsed programs & conferences (annual scientific meetings, annual health & fitness summit)</i>	20 credits for multi-day (2 days) conference attendance 10 credits per conference attendance 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 10 credits for one day conference attendance 5 credits for being a presenter: free communication or poster	
	Category B: CSEP H&FP National or Provincial or Regional Committee Work	<i>Chair</i>	20 credits
		<i>Committee Member</i>	10 credits
		<i>Subcommittee Member</i>	5 credits
	Category C: CSEP CEP PREP Module	<i>Teaching</i>	20 credits per module
		<i>Assisting</i>	10 credits per module
	Category D: Workshops/seminars offered by active CSEP CEPs	<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
	Category E: CPAFLA Course	<i>Teaching</i>	10 credits per course
		<i>Assisting</i>	5 credits per course

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Category F: CPAFLA Refresher/Update Opportunities	<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
Category G: Peer Reviewed Publications (Research Journal Articles, Chapters in books, Position Statements, etc): Reviewed by experts (PhD) in related area	<i>Authoring or Co-authoring a peer reviewed journal article (e.g. CJPA, Med Sci Sport & Exerc, etc.), chapter in a book), 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
Category H: Peer Reviewed Research Grants	Physical Activity/Exercise Science Research: NSERC, CIHR, CFI, CAHR, CFLRI, etc	10 credits for submitting the research grant 5 credits for being awarded the research grant
Category I: Non Peer Reviewed Commercial Fitness Publications	<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
Category J: Post undergraduate and post certification academic pursuits: university degree academic courses or college diploma courses	<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 7.5 credits for taking a half year course
Category K: Non-diploma or non-degree courses/continuing educational opportunities - post certification pursuits	<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

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Category L: Non-diploma or non-degree on-line courses/educational opportunities - post certification pursuits	<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
Category M: Proof of passing the test questions related to featured article that appear in scientific professional journals for fitness practitioners	<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
Category N: Fitness instructor skill courses	<i>Becoming a spinning instructor, Pilates, etc - skills that would assist the CSEP CEP in the delivery of their fitness services</i>	5 credits per fitness instructor skills course
Category O: Seminars/Workshops offered by Local, Private, Club or Commercial Fitness Consulting and/or Fitness Certification Agencies	<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
Category P: Conferences offered or sponsored by Local, Private, Club or Commercial Fitness Consulting and/or Fitness Certification Agencies	<i>Offered by other fitness commercial enterprises not associated with ACSM, CSEP & NSCA</i>	5 credits for each day of attendance at the conference 5 credits for being a presenter at the conference
Category Q: Automated Defibrillator Training (AED)	<i>Offered by a recognized agency</i>	5 credits per two year cycle

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Category R: First Aid/CPR Instructor Certification	<i>Affiliated with recognized agency</i>	10 credits per two year cycle
Category S: Teaching university degree academic courses or college diploma courses	<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
		7.5 credits for teaching a half year course
Category T: Teaching/Instructing non-diploma or non-degree courses/continuing education courses	<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 per half year course
Category U: CSEP Certified Exercise Physiologist Designation (obtained once)	<i>Successfully completing all of the stated requirements</i>	10 credits (assigned once)

Thank you!