

BCRPA PRE-APPROVED ON-DEMAND ONLINE WORKSHOPS

Important Notice:

Please be advised that all courses are offered and/or facilitated by independent presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the course is applicable to fitness leaders, ***the BCRPA Fitness Program is not affiliated with their operation and delivery and assumes no further responsibility or liability to registrants/participants taking these courses.*** All inquiries, registrations and any other issues are to be referred directly to the course providers.

Workshop listings are organized alphabetically by Organization, Workshop Title, and then by CEC count.

Organization	Workshop Title	Phone	CEC	Website
Accelerated Online Learning	Ultimate Guide to Screening and Rehabilitation of Lower Extremity Injuries	1-888-738-8147	11	https://acceleratedonlinelearning.com/athletic-trainers/
Active Initiatives	Active Initiatives has 5+ Approved Workshops	250-550-8024	Varies	https://activeinitiatives.thinkific.com/collections
Aerial Silk Alliance	250 Aerial Yoga Certification	2503920511	25	https://learnaerialyoga.com/
Alive Academy	Advanced Nutrition Diploma Program (CSNC/CHN)	604-295-9124	60	https://www.aliveacademy.com/programs/applied-nutrition
BCRPA	BCRPA eLearn Workshops are Approved for CEC's	604-629-0965	Varies	https://elearn.bcrpa.bc.ca/
BCRPA	Choose to Move or ActiveAge™	604-629-0965	7	https://www.bcrpa.bc.ca/everythingelse/active-age-choose-to-move/
Bellyfit®	Bellyfit® Instructor Training Course	250-590-7637	7.5	https://www.bellyfit.com/training
Body Blueprint	Body Blueprint has 50+ Approved Workshops	250-885-8771	15	www.bodyblueprint.com
C.H.E.K Institute	C.H.E.K. offers 10+ Approved workshops	760-477-2620	Varies	www.chekinstitute.com
Cari Plotnikoff	Cari offers 10+ Approved Workshops	604-809-6039	2-3	www.innerstrength.fit
Charlene Kopansky	Charlene offers 15+ Approved Workshops, specializing in Aquatics	4167519823	Varies	cala_aqua@mac.com
Core Exercise Solutions LLC	Pregnancy and Postpartum Corrective Exercise Specialist		4	https://www.coreexercisesolutions.com/pce/s/

(Updated March 2024)

Core Exercise Solutions LLC	Pelvis Pro		25	https://www.coreexercisesolutions.com/pelvis-pro/
Diamond Paye	Making Waves Workshop	6047269374	6	diamondpaye@gmail.com
Douglas College	BCRPA Renewal Courses	604-527-5472	7	https://www.douglascollege.ca/programscourses/continuing-education/sportsinstitute/bcrpa-renewal-courses
Fitness Education Online	Bootcamp Level 1 & 2 - DISCOUNTED!	0458-988-448	20	Recieve 60% off by using this link: https://fitnesscecs.com/bcrpa-bcpack
Fitness Marketing Group	Barre Above	780-496-7410	8	https://www.fmgonline.ca/barre-aboveprogram-essentials
FRESH! Wellness Group	FRESH! has 5+ Approved Workshops	(403) 217-2730	1	https://fwg.thinkific.com/collections
Functional Movement Systems	FMS Level 1 Online Certification Course	434-432-3677	5	https://www.functionalmovement.com/Store/35/fms_level_1_online_course
GMP Fitness	GMP Fitness has 15+ Approved Workshops	888-467-3488	Varies	Receive 25% off on ALL GMP Fitness Courses using CODE — GMPBCRPA10 https://www.gmpfitness.com/
Harmony Fit	Harmony Fitness has 10+ Approved Workshops	604-836-4686	Varies	http://www.harmonyfit.ca
HIGH FIVE	HIGH FIVE has 3+ Approved Workshops	604-629-0965	Varies	https://www.bcrpa.bc.ca/courses/highfive/course-options/
Human Kinetics	Human Kinetics has 50+ Approved Workshops	1-800-456-7301	Varies	https://canada.humankinetics.com/collections/bcrpa-approved-courses-rfsn-1582349-75367e
INFOFIT Educators	INFOFIT has 30+ Approved Workshops	604-683-0785	Varies	BCRPA Members get 10% off all of the following great infofit certifications or CEC courses. Use promo code BCRPA10 to get 10% off https://infofit.ca/course/bcrpaapproved-cec-listings/

Inshape Training	Inshape has 10+ Approved Workshops	604-879-5500	Varies	https://www.inshapetraining.net/content/vancouver-fitness-certification-workshops
Jaimee Stokes	16 CEC Bundle Package!	604-377-2660	16	https://jaimeestokes.com/collections/frontpage/products/16-cec-bundle-package
Jaime Priest	Cancer and Exercise Online Training	604-257-3056	5	N/A
Kinesiologists.ca	Kinesiologists.ca has 10+ Approved Workshops	778-574-1190	Varies	https://kinesiologists.ca/wp/bcrpaworkshops-cecs/

Lela Dawson	Pilates Fitness Tutorial	604.318.3326	5	https://leladpilates.com/workshops
Lela Dawson	Pilates Mat Work Tutorial Workshop	604.318.3326	5	https://leladpilates.com/workshops
Melanie Galloway	Growing Strong has 10+ Approved Workshops	604.732.9295	Varies	www.growingstrong.ca
Pacific Rim College Online	Pacific Rim College has 5+ Approved Workshops	877-215-3592	Varies	https://pacificrimcollege.online/all-courses/
Pelvienn Wellness Inc.	Core Confidence Specialist Course	604-910-3065	14	https://www.vaginacoach.com/get-certified
Pelvienn Wellness Inc.	Pre/Postnatal Fitness Specialist Certification	604-910-3065	20	https://www.vaginacoach.com/get-certified
PL3Y International Inc	Kids Fitness Instructor Foundations	7788394286	7	https://learn.pl3yinc.com/courses/kidsfitness-instructor-foundations-course
Pound Fit	POUND Pro Training	9136877344	7	https://poundfit.com/event/20230401virtual-english-us-ppt/
Pound Fit	POUND Unplugged Training	9136877344	7	www.poundfit.com
Pound Fit	Generation POUND Training	9136877344	7	https://poundfit.com/generation/
Rhona Parsons	Balance Yoga with the Chair	250-308-8616	5	https://www.rhonaparsons.com/by
Rhona Parsons	Pilates	250-308-8617	2	https://www.rhonaparsons.com/pilates
RockTape	FMT Specialist - Movement and/or Mobility	408-912-7625	6	www.fmtplus.com

RockTape	FMT Movement Specialist Advanced	408-912-7625	6	www.fmtplus.com
Sandra Starrett	Sandra offers 4 Approved Workshops	6047858776	2	s-star@shaw.ca
Sport for Life	Canadian Indigenous Culture Training - Truth & Reconciliation Edition		2	Use Code BCRPA-S4L https://sportforlifespportpourelavie.ca/catalog_detail.php?cours eid=541
Sport for Life	Introduction to Long-Term Development in Sport and Physical Activity		2	Use Code BCRPA-S4L https://sportforlifespportpourelavie.ca/catalog_detail.php?cours eid=1066
Sport for Life	Introduction to Physical Literacy		2	Use Code BCRPA-S4L https://sportforlifespportpourelavie.ca/catalog_detail.php?cours eid=798
Sport for Life	Movement Preparation Part 1		2	Use Code BCRPA-S4L https://sportforlifespportpourelavie.ca/catalog_detail.php?cours eid=812
Sport for Life	Social Emotional Learning (SEL) for Sport and Recreation		2	Use Code BCRPA-S4L https://sportforlifespportpourelavie.ca/catalog_detail.php?cours eid=1364
Sport for Life	Stepping Stones to Indigenous Sport and Physical Activity Participation		2	Use Code BCRPA-S4L https://sportforlifespportpourelavie.ca/catalog_detail.php?cours eid=1051
Sport for Life	Welcome to Canada: Engaging New to Canada Participants in Sport and Physical Activity		2	Use code BCRPA-S4L https://sportforlifespportpourelavie.ca/catalog_detail.php?cours eid=1129
Success Fitness	Success Fitness has 5+ Approved Workshops	250 886 2490	2	https://www.successfitness.ca/bcrpaworkshops/

SureFeet	Fundamental Assessment Procedures for Seniors Fitness Programs	604-417-6440	2.15	http://www.surefeet.ca/leagues/custom_page.cfm?clientid=5423&leagueid=23463&pageid=16069
SureFeet	Effective Seniors Balance and Mobility Training Program (ESBMT) & Skills Progressions	604-417-6441	2.25-8.75	http://www.surefeet.ca/leagues/custom_page.cfm?clientid=5423&leagueid=23463&pageid=16070
Tammy Petersen	Exercise Management of Chronic Diseases and Disabilities for All Ages	800-957-7348	20	https://aahf.info/programs/
The Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program	1-866-433-1595	200	http://www.coryholly.com/content/csnaeducation-program
The Personal Training Collective	The Personal Collective offers 10+ Workshops	778-822-6224	Vary	https://academy.theptcollective.com/
Third Age Fitness	Chair-Based Exercise for Older Adults	61402138091	12	https://www.thirdagefitness.com.au/course s/chair-based-exercise-for-older-adults
Third Age Fitness	Balance Training for Older Adults	61402138091	4.5	https://www.thirdagefitness.com.au/course s/balance-training-for-older-adults
Third Age Fitness	Complete Resistance Bands for Older Adults	61402138091	6	https://www.thirdagefitness.com.au/course s/complete-resistance-bands-for-olderadults
Third Age Fitness	Standing Bodyweight Exercises for Older Adults	61402138091	9	https://www.thirdagefitness.com.au/course s/standing-bodyweight-exercises-for-olderadults/
Third Age Fitness	Agility Ball for Older Adults	61402138091	6	https://www.thirdagefitness.com.au/course s/agility-ball-for-older-adults
Thrive Health	Thrive Health has 5+ Approved Workshops		Varies	https://thrivehealthservices.com/profession als/modules/
THINK Yourself® ACADEMY	THINK Yourself® ACADEMY has 10+ Approved Workshops	7788990260	5	https://thinkyourself.com/product-pagethink-yourself-a-tech-pro-build-yourwebsite/

Twist Conditioning	Twist Condition offer 10+ approved workshops	604 -904-6556	Vary	https://twistconditioning.inspire360.com/
University of Waterloo	DREAM (Dementia Resources for Eating, Activity, and Meaningful Inclusion) & DICE (Dementia Inclusive Choices for Exercise)		4-6.5	https://dementiawellnesscanada.com/training-modules/
Urban Poling	Urban Poling Instructor Certification Workshop	604-990-7711	4.5	https://urbanpoling.com/instructor-course/
WaterART Fitness	WaterART offers 10+ Approved Workshops	416-621-0821	Vary	https://www.waterart.org/cec-workshop/
Wellness North Counselling	The Anger Management Toolkit: Strategies for a Peaceful Life	604-317-9267	2	https://wellnessnorth.thinkific.com/courses/anger-management-toolkit