

BCRPA Pre-approved Distance Education Workshops

Important Notice:

• Please be advised that all workshops are offered and/or facilitated by **independent** presenters/providers. While the BCRPA Fitness Program approves that the proposed content of the workshop 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 workshops***. All inquiries, registrations and any other issues are to be referred directly to the workshop providers.

Courses are organized alphabetically by **Organization** then by **CEC Value**, then alphabetically by **Workshop Title**.

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[Twist Conditioning Inc.](#)

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[WaterART Fitness](#)

[WaterWays Fitness](#)

[PL3Y Inc.](#)

| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--------------|---|--------------|--------------|--|
| Aaron Tews | The NeXT Level - Functional Anatomy of the Shoulder | 778-574-1190 | 4 | www.kinesiologists.ca |
| Aaron Tews | The NeXT Level - Kinesiology of Resistance Training | 778-574-1190 | 4 | www.kinesiologists.ca |
| Aaron Tews | The NeXT Level - Neck Stability | 778-574-1190 | 3 | www.kinesiologists.ca |

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|--|--|----------------|--------------|--|
| Aaron Tews | The NeXT Level - Part 1: Sugars & Sweeteners | 778-574-1190 | 4 | www.kinesiologists.ca |
| Aaron Tews | The NeXT Level - Protein - How Much is too Much | 778-574-1190 | 2.5 | www.kinesiologists.ca |
| Aaron Tews | The NeXT Level - Resistance Training Program Design | 778-574-1190 | 6 | www.kinesiologists.ca |
| Aaron Tews | The NeXT Level: Functional Anatomy of the Hip | 778-574-1190 | 3 | www.kinesiologists.ca |
| Accelerated Online Learning | Ultimate Guide to Human Gross Anatomy | 888-738-8147 | 10 | www.sesonlinece.com/bcrpa |
| Accelerated Online Learning | Ultimate Guide to Screening and Rehabilitation of Lower Extremity Injuries | 888-738-8147 | 11 | www.sesonlinece.com/bcrpa |
| Alive Academy | Advanced Nutrition Diploma Program (CSNC/CHN) | 604-295-9124 | 60 | www.aliveacademy.com |
| Alive Academy | Natural Health Fundamentals - Unit 1 | 604-295-9124 | 20 | www.aliveacademy.com |
| Alive Academy | Nutritional Sciences - Unit 3 | 604-295-9124 | 20 | www.aliveacademy.com |
| Alive Academy | Sports & Fitness Nutrition - Unit 2 | 604-295-9124 | 20 | www.aliveacademy.com |
| Alive Academy | Sports & Fitness Nutrition Certificate Program (CSNC) | 604-295-9124 | 45 | www.aliveacademy.com |
| Alive Academy | Vegetarian Nutrition - Unit 4 | 604-295-9124 | 20 | www.aliveacademy.com |
| American Academy of Health and Fitness | Advanced Fitness Assessment and Exercise Prescription | 1-800-957-7348 | 20 | http://www.aa hf.info/ |
| American Academy of Health and Fitness | Back Stability: Integrating Science and Therapy | 1-800-957-7348 | 20 | www.AAHF.info |
| American Academy of Health and Fitness | Cancer and the Older Adult: The Personal Trainer's Resource | 1-800-957-7348 | 10 | www.AAHF.info |

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|--|--|----------------|--------------|---|
| American Academy of Health and Fitness | JrFit: The Personal Trainer's Resource for Youth Fitness | 1-800-957-7348 | 20 | www.AAHF.info |
| American Academy of Health and Fitness | Nutrition for Special Dietary Needs | 1-800-957-7348 | 10 | www.AAHF.info |
| American Academy of Health and Fitness | Nutrition for Special Dietary Needs | 1-800-957-7348 | 10 | www.AAHF.info |
| American Academy of Health and Fitness | SrFit Second Edition: The Personal Trainer's Resource for Senior Fitness | 1-800-957-7348 | 20 | www.AAHF.info |
| American Academy of Health and Fitness | The Fitness Professional's Guide to Coaching Lifestyle Wellness™ | 1-800-957-7348 | 20 | www.AAHF.info |
| BCRPA | BCRPA- E Learning | 604-629-0965 | vary | http://elearn.bcrpa.bc.ca/ |
| Body Blueprint | Active Kids Family Fitness | 778-433-8884 | 6 | www.bodyblueprint.com |
| Body Blueprint | Advanced Sports Nutrition & Super Foods | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Anatomy - The Next Level | 778-433-8884 | 32 | www.bodyblueprint.com |
| Body Blueprint | Aqua Personal Training | 778-433-8884 | 6 | www.bodyblueprint.com |
| Body Blueprint | Awesome Abs Workshop/Advanced Core Stability | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Better Butts | 778-433-8884 | 3 | www.bodyblueprint.com |
| Body Blueprint | Boot Camp and Outdoor Fitness | 778-433-8884 | 5 | www.bodyblueprint.com |
| Body Blueprint | Conflict Resolution | 778-433-8884 | 4 | www.bodyblueprint.com |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|----------------|---|--------------|--------------|--|
| Body Blueprint | Effective Communication | 778-433-8884 | 3 | www.bodyblueprint.com |
| Body Blueprint | Exercise BALL | 778-433-8884 | 2 | www.bodyblueprint.com |
| Body Blueprint | Fabulous Fat Burning | 778-433-8884 | 2 | www.bodyblueprint.com |
| Body Blueprint | Functional Training & Multi Joint Exercises | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Goal Setting and Motivation | 778-433-8884 | 2 | www.bodyblueprint.com |
| Body Blueprint | HIIT-High Intensity Interval Training | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Hypnosis for Motivation and Sports Performance | 778-433-8884 | 2 | www.bodyblueprint.com |
| Body Blueprint | Improving Squat Technique | 778-433-8884 | 1 | www.bodyblueprint.com |
| Body Blueprint | Leadership Skills | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Magic of Muscles Workshop | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Multi Joint/Compound Exercises for Functional Movement- ONLINE | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Personal Trainer Road Map to Success | 778-433-8884 | 6 | www.bodyblueprint.com |
| Body Blueprint | Physique Competition Prep | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Powerlifting | 250-744-5633 | 6 | www.bodyblueprint.com |
| Body Blueprint | Safety in the weight room or "just when you thought it was safe..." | 778-433-8884 | 2 | www.bodyblueprint.com |
| Body Blueprint | Squat Shop | 778-433-8884 | 5 | www.bodyblueprint.com |
| Body Blueprint | Stress Management & Relaxation | 778-433-8884 | 3 | www.bodyblueprint.com |
| Body Blueprint | Stretching the Truth | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Supervisors Workshop -- Becoming a Great Supervisor | 778-433-8884 | 10 | www.bodyblueprint.com |
| Body Blueprint | The Magic of Muscles | 778-433-8884 | 2 | www.bodyblueprint.com |
| Body Blueprint | Total Body Tubing | 778-433-8884 | 2 | www.bodyblueprint.com |

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|--------------------|---|--------------|--------------|--|
| Body Blueprint | Training on the Half-Ball | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Training the Elite Athlete | 778-433-8884 | 16 | www.bodyblueprint.com |
| Body Blueprint | Training the Runner | 778-433-8884 | 2 | www.bodyblueprint.com |
| Body Blueprint | Travel Teaching | 778-433-8884 | 2.5 | www.bodyblueprint.com |
| Body Blueprint | Wholistic Fitness | 778-433-8884 | 4 | www.bodyblueprint.com |
| Body Blueprint | Wobble Board and Balance | 778-433-8884 | 2 | www.bodyblueprint.com |
| Body Blueprint | Workout Without Weights- Be your own gym | 778-433-8884 | 4 | www.bodyblueprint.com |
| C.H.E.K Institute | Scientific Shoulder Training Home Study | 760-477-2620 | 16 | www.chekinstitute.com |
| C.H.E.K. Institute | Advanced Program Design | 760-477-2620 | 15 | www.chekinstitute.com |
| C.H.E.K. Institute | Advanced Swiss Ball Training for Rehabilitation | 760-477-2620 | 5 | www.chekinstitute.com |
| C.H.E.K. Institute | Assessing Core Function | 760-477-2620 | 5 | www.chekinstitute.com |
| C.H.E.K. Institute | Choosing a Lumbar Lifting Posture | 760-477-2620 | 2 | www.chekinstitute.com |
| C.H.E.K. Institute | Core Conditioning Exercises | 760-477-2620 | 5 | www.chekinstitute.com |
| C.H.E.K. Institute | Dynamic Medicine Ball Training | 760-477-2620 | 13 | www.chekinstitute.com |
| C.H.E.K. Institute | Female Training - Equal But Not the Same | 760-477-2620 | 15 | www.chekinstitute.com |
| C.H.E.K. Institute | Functional Anatomy of the Back | 760-477-2620 | 5 | www.chekinstitute.com |
| C.H.E.K. Institute | Functional Anatomy of the Core | 760-477-2620 | 5 | www.chekinstitute.com |
| C.H.E.K. Institute | High Performance Core Conditioning | 760-477-2620 | 5 | www.chekinstitute.com |
| C.H.E.K. Institute | Primal Pattern Movements | 760-477-2620 | 5 | www.chekinstitute.com |

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|--------------------------------------|--|----------------|--------------|--|
| C.H.E.K. Institute | Program Design | 760-477-2620 | 8 | www.chekinstitute.com |
| C.H.E.K. Institute | Scientific Back Training | 760-477-2620 | 20 | www.chekinstitute.com |
| C.H.E.K. Institute | Scientific Core Conditioning | 760-477-2620 | 24 | www.chekinstitute.com |
| C.H.E.K. Institute | Squatology | 760-477-2620 | 4 | www.chekinstitute.com |
| C.H.E.K. Institute | Swiss Ball Training | 760-477-2620 | 10 | www.chekinstitute.com |
| C.H.E.K. Institute | Understanding Force Couple Relationships | 760-477-2620 | 10 | www.chekinstitute.com |
| Catherine D'Aoust or GAIA adventures | Body Ball Basic Workshop | 604-329-1257 | 2 | www.gaiaadventures.com |
| Debbie Cheong (Osteofit) | Osteofit - Arthritis Cautions & Modifications in Exercise for Older Adults | 604-940-0349 | 1.5 | www.osteofit.org |
| Debbie Cheong (Osteofit) | Osteofit - Exploring Progressive Overload in Exercise for Older Adults | 604-940-0349 | 2.5 | www.osteofit.org |
| Douglas College | Online Aerobic and Anarobic Fitness - Session 3 | 604-527-5472 | 7 | www.douglas.bc.ca/ce/sport |
| Douglas College | Online Body Composition and Flexibility - Session 1 | 604-527-5472 | 7 | www.douglas.bc.ca/ce/sport |
| Douglas College | Online Nutrition Knowledge Course | 604-527-5472 | 21 | www.douglas.bc.ca/ce/sport |
| Douglas College | Online Part 1 - Pre and Post Natal Theory | 604-527-5472 | 8 | www.douglas.bc.ca/ce/sport |
| Douglas College | Online Resolving Conflict in a Sports Organization | 604-527-5472 | 7 | www.douglas.bc.ca/ce/sport |
| Douglas College | Online Strength, Endurance and Power - Session 2 | 604-527-5472 | 7 | www.douglas.bc.ca/ce/sport |
| Douglas College | Online Techniques in Fitness Assessment | 604-527-5472 | 21 | www.douglas.bc.ca/ce/sport |
| DSW Fitness | Advanced Aqua Pilates | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |

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|--------------|---|----------------|--------------|--|
| DSW Fitness | Advanced Reps, Sets and Loads for Hypertrophy and Strength | 1-800-873-6760 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Alternative and Integrative Nutrition | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Applying Music in Sport and Exercise | 1-800-873-6759 | 9 | www.humankinetics.com/bcrpa |
| DSW Fitness | Aquatic Core Strength | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Aquatic Exercise for Rehabilitation and Training | 1-800-873-6759 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Balance Training | 1-800-873-6759 | 18 | www.humankinetics.com/bcrpa |
| DSW Fitness | Basic Training for Cycling | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Basic Training for Running | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Be a Successful In-Home/Mobile Trainer | 1-800-873-6760 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | Becoming a Coach: Maps and Realities - Live Webinar | 520-292-0011 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Body Building Anatomy | 1-800-873-6761 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | Body Composition: Assessments that Work | 1-800-873-6761 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Body Image and Self-Esteem: In Search of Feeling Good about Your Body | 1-800-873-6762 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Bodybuilding Anatomy | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Bodyweight Strength Training Anatomy | 1-800-873-6760 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Boot Camp Complete | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Brain-Based Personal Training | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | Breast Cancer Recovery Exercise Program | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |

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|--------------|---|----------------|--------------|--|
| DSW Fitness | Building Physician Partnerships-ten tips for success | 520-292-0011 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Building Physician Partnerships:Ten Tips for Success? | 1-800-873-6759 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Business of Personal Training | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Caffeine for Sports Performance | 1-800-873-6761 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Cardio Coach: Equipment-Based Group Fitness | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Cardiovascular Nutrition and Fitness | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Childhood and Adolescent Nutrition | 1-800-873-6759 | 9 | www.humankinetics.com/bcrpa |
| DSW Fitness | Cognitive Rehab and Memory Enhancement | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Complete Conditioning for Tennis | 1-800-873-6759 | 15 | www.humankinetics.com/bcrpa |
| DSW Fitness | Complete Guide to Foam Rolling | 1-800-873-6759 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Complete Guide to Foam Rolling | 1-800-873-6759 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Complete Guide to TRX | 1-800-873-6759 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | Complete Guide to TRX® Suspension Training | 1-800-873-6759 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | Conditioning to the Core | 1-800-873-6765 | 18 | www.humankinetics.com/bcrpa |
| DSW Fitness | Conditioning Young Athletes | 1-800-873-6761 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Core Conditioning | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | Core Conditioning Exercises | 1-800-873-6763 | 1 | www.humankinetics.com/bcrpa |

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|--------------|---|----------------|--------------|--|
| DSW Fitness | Create Your Online Presence | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | Cycling Anatomy | 1-800-873-6761 | 3.5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Developing Agility and Quickness | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Developing Endurance | 1-800-873-6761 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Developing Speed | 1-800-873-6761 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | Developing the Core | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Developing Training Plans for Cyclists and Triathletes | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Diabetes and Strength Training | 1-800-873-6764 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Diet, Exercise and Fitness | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Dumbbell Training | 217 351 5076 | 20 | www.humankinetics.com |
| DSW Fitness | Dynamic Warm-up | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Eat.Lift.Thrive. | 1-800-873-6759 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | Effective Exercises for Scoliosis | 1-800-873-6765 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Effective Rotator Cuff Exercises | 1-800-873-6765 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Effective Strength Training | 1-800-873-6759 | 15 | www.humankinetics.com/bcrpa |
| DSW Fitness | Encyclopedia of Muscle and Strength | 1-800-873-6760 | 17.5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Enhancing Children's Cognition with Physical Activity Games | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Enlighten Your Body | 1-800-873-6759 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Essential Aqua Pilates | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Essentials of Eccentric Training | 1-800-873-6765 | 19 | www.humankinetics.com/bcrpa |
| DSW Fitness | Essentials of Fitness & Health | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |

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|--------------|--|----------------|--------------|--|
| DSW Fitness | Essentials of Fitness & Health Online CE Course - 2nd Edition | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Essentials of Obstacle Race Training | 1-800-873-6765 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Evidence-Based Approach to Ankle Sprains | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise and Arthritis | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise and Diabetes | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise and Fibromyalgia, 2nd ed. | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise and Heart Disease | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise and Multiple Sclerosis | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise and Parkinson's Disease | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise and Respiratory Disease | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise for Breast Cancer Survivors | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise for Frail Elders | 1-800-873-6759 | 15 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise for Individuals with Developmental Disabilities | 1-800-873-6759 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise for Knee and Hip Replacement | 1-800-873-6759 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Exercise Rx for Psychological Health | 1-800-873-6759 | 2 | www.humankinetics.com/bcrpa |
| DSW Fitness | Explosive Power | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | Extreme Interval Training | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | Fat Metabolism and Gender Differences | 1-800-873-6759 | 2 | www.humankinetics.com/bcrpa |

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|--------------|--|----------------|--------------|--|
| DSW Fitness | Fitness Assessment and Exercise Prescription for All Ages™ | 1-800-873-6765 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Fitness Cycling | 1-800-873-6761 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | FitStrike Kickboxing/MMA Fitness Instructor Foundations | 1-800-873-6765 | 18 | www.humankinetics.com/bcrpa |
| DSW Fitness | Flexibility for Performance | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Foam Roller Fitness | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Fueling Young Athletes | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Functional Training: Breaking the Bonds of Traditionalism | 1-800-873-6759 | 15 | www.humankinetics.com/bcrpa |
| DSW Fitness | Functional Foods part 1 | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Functional Training | 1-800-873-6761 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Functional Training: Myofascial Slings | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Fusion Workouts | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Get Published! | 1-800-873-6759 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Golden Wave Functional Water Exercise for Older Adults | 1-800-873-6759 | 16 | www.humankinetics.com/bcrpa |
| DSW Fitness | Golf Conditioning Specialist - Level 1 | 1-800-873-6759 | 16 | www.humankinetics.com/bcrpa |
| DSW Fitness | Growing Your Business in a Challenging Economy | 1-800-873-6759 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | High Intensity Training For Women | 1-800-873-6763 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | High Performance Training for Sports | 1-800-873-6759 | 25.5 | www.humankinetics.com/bcrpa |

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|--------------|---|----------------|--------------|--|
| DSW Fitness | Hill Training for Indoor Cycling | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Holistic Fitness Specialty Certificate | 1-800-873-6759 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Indoor Cycling Basics | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Joint Integrity | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | JrFit™ Youth Fitness Specialty Certificate | 1-800-873-6765 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Kinetic Anatomy | 1-800-873-6759 | 25 | www.humankinetics.com/bcrpa |
| DSW Fitness | Knee Stabilization | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Language-Enriched Exercise for Clients with Alzheimer's Disease | 1-800-873-6759 | 9 | www.humankinetics.com/bcrpa |
| DSW Fitness | Lifestyle Wellness Coaching | 1-800-873-6759 | 23 | www.humankinetics.com/bcrpa |
| DSW Fitness | Low Back Disorders | 1-800-873-6761 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Low Back Injury Prevention and Rehab | 1-800-873-6759 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Marathon Training | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Martial Fitness Kickboxing | 1-800-873-6759 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Maternal and Infant Nutrition | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Maximum Interval Training | 1-800-873-6764 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Metabolism: Facts, Myths, Mysteries and Fallacies | 1-800-873-6759 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Methods of Group Instructions | 1-800-873-6759 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Mom and Baby Exercise | 1-800-873-6759 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Monitoring Training and Performance in Athletes | 1-800-873-6759 | 12 | www.humankinetics.com/bcrpa |
| DSW Fitness | Motivating People to be Physically Active | 1-800-873-6759 | 16 | www.humankinetics.com/bcrpa |

BCRPA Pre-approved Distance Education Workshops

| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--------------|--|----------------|--------------|--|
| DSW Fitness | Non-diet Weight Management | 1-800-873-6759 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | NSCA's Guide to Sport and Exercise Nutrition | 1-800-873-6759 | 14 | www.humankinetics.com/bcrpa |
| DSW Fitness | Nutrition for Rehab and Healing | 1-800-873-6759 | 11 | www.humankinetics.com/bcrpa |
| DSW Fitness | Nutrition for Women part 1 | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Nutrition for Women part 2 | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Nutrition for Women Part 2: Diet & Diseases of Lifestyle | 1-800-873-6761 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Nutrition for Young Athletes | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Nutrition Periodization | 1-800-873-6765 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Nutrition Quackery | 1-800-873-6759 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Nutritional Health for Men | 1-800-873-6759 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Off the Wall | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | Off The Wall-The Ultimate Training Guide for Climbing | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | One Size Doesn't Fit All | 520-292-0011 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Personal Training from A to Z | 1-800-873-6759 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Physical Activity Instruction of Older Adults | 1-800-873-6759 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Pilates Anatomy | 1-800-873-6760 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Pilates Mat Tech: Level 1 | 1-800-873-6759 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | Plyometric Anatomy | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Plyometrics Training | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | POLES for Balance, Mobility and Walking | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Positive Psychology | 1-800-873-6765 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Postural Assessment | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Postural Correction | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |

BCRPA Pre-approved Distance Education Workshops

| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--------------|--|----------------|--------------|--|
| DSW Fitness | Power Training Older Adults | 1-800-873-6759 | 2 | www.humankinetics.com/bcrpa |
| DSW Fitness | Practical Guide to Exercise Physiology | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Practical Nutrition | 1-800-465-7301 | 10 | www.humankinetics.com |
| DSW Fitness | Practical Yoga for Personal Trainers | 1-800-873-6759 | 22 | www.humankinetics.com/bcrpa |
| DSW Fitness | Prenatal and Postpartum Exercise Design | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Pro-active Postural Restructuring | 1-800-873-6765 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Program Design: Choosing Reps, Sets, Loads, Tempo and Rest Periods | 1-800-873-6765 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Reshaping Your Body, Rethinking Your Mind | 1-800-873-6759 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Running Anatomy | 1-800-873-6761 | 3.5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Running Injuries: Strategies for Prevention and Intervention | 520-292-0011 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Science and Development of Muscle Hypertrophy | 1-800-873-6759 | 12 | www.humankinetics.com/bcrpa |
| DSW Fitness | Scientific Back Training | 1-800-873-6765 | 14 | www.humankinetics.com/bcrpa |
| DSW Fitness | Scientific Shoulder Training | 520-292-0011 | 16 | www.humankinetics.com/bcrpa |
| DSW Fitness | Shoulder Girdle Stabilization | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Speed Training for Young Athletes | 1-800-873-6765 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Speed, Agility and Quickness | 1-800-873-6759 | 3 | www.humankinetics.com/bcrpa |
| DSW Fitness | Sport Therapy for the Shoulder | 1-800-873-6759 | 7.5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Strength Ball Training | 1-800-873-6759 | 8 | www.humankinetics.com/bcrpa |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--------------|---|----------------|--------------|--|
| DSW Fitness | Strength Training For Postmenopausal Woman | 1-800-873-6759 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Strength Training for Youth | 1-800-873-6759 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Strength Training Older Adults | 1-800-873-6765 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | Strength Training Past 50 | 1-800-873-6765 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Stretch to Win | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Stretch to Win | 1-800-873-6759 | 6 | www.humankinetics.com/bcrpa |
| DSW Fitness | Stretching Anatomy | 1-800-873-6761 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Tai Chi for Arthritis | 1-800-873-6765 | 10 | www.humankinetics.com/bcrpa |
| DSW Fitness | Technology, Food, Nutrition | 1-800-873-6759 | 7 | www.humankinetics.com/bcrpa |
| DSW Fitness | The Athlete's Guide to Sports Supplements | 1-800-873-6762 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | The BEST Exercise Program for Osteoporosis Prevention | 1-800-873-6759 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | The Essence of Body Weight Training | 1-800-873-6759 | 21 | www.humankinetics.com/bcrpa |
| DSW Fitness | The Essence of Dumbbell Training | 1-800-873-6759 | 24 | www.humankinetics.com/bcrpa |
| DSW Fitness | The Overweight Client | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | The Physiology of Obesity | 1-800-873-6759 | 2 | www.humankinetics.com/bcrpa |
| DSW Fitness | The Role of Strength Training in Weight Loss | 1-800-873-6765 | 1 | www.humankinetics.com/bcrpa |
| DSW Fitness | Tools to Grow and Retain Your Client Base | 1-800-873-6759 | 2 | www.humankinetics.com/bcrpa |
| DSW Fitness | Total Control | 1-800-465-7301 | 20 | www.humankinetics.com/bcrpa |
| DSW Fitness | Total Strength on the Ball | 1-800-873-6759 | 9 | www.humankinetics.com/bcrpa |
| DSW Fitness | Training and Coaching the Competitive Cyclist | 1-800-873-6765 | 4 | www.humankinetics.com/bcrpa |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|------------------------------|---|----------------|--------------|--|
| DSW Fitness | Training and Nutrition for Optimal Muscle Development | 1-800-873-6759 | 2 | www.humankinetics.com/bcrpa |
| DSW Fitness | Training the Athlete Over 50 | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Treating Eating Disorders | 1-800-873-6765 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Triathlon Anatomy | 1-800-873-6761 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Triathlon Science | 217 351 5076 | 25 | www.humankinetics.com |
| DSW Fitness | Vegetarian Nutrition | 1-800-873-6759 | 8 | www.humankinetics.com/bcrpa |
| DSW Fitness | Vegetarian Sports Nutrition | 1-800-873-6759 | 16 | www.humankinetics.com/bcrpa |
| DSW Fitness | W.I.S.E Weight and Wellness webinar series | 1-800-873-6759 | 4 | www.humankinetics.com/bcrpa |
| DSW Fitness | Water Exercise | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| DSW Fitness | Weight Management for Women | 1-800-873-6759 | 2 | www.humankinetics.com/bcrpa |
| DSW Fitness | Weight Training Program Design Made Simple | 217 351 5076 | 1 | www.humankinetics.com |
| DSW Fitness | Winning Sports Nutrition | 1-800-873-6759 | 22 | www.humankinetics.com/bcrpa |
| DSW Fitness | Yoga for Athletes | 1-800-873-6759 | 5 | www.humankinetics.com/bcrpa |
| Emmie Li | Pilates Essence - The Pelvis | 604-862-0999 | 3 | http://bit.ly/2imkHVA |
| Emmie Li | Top Teaching Techniques | 604-862-0999 | 4 | http://wp.me/P3SZ7C-aj |
| Everyday Athletes Inc. | As a Matter of Back: Text Neck | 604-786-3089 | 2 | www.everydayathletes.ca |
| Everyday Athletes Inc. | SWOT the Business of Bootcamp | 604-786-3089 | 2 | www.everydayathletes.ca |
| Exercises for Injuries | Fix My Back Pain | 604-532-5248 | 3.5 | www.ExercisesForInjuries.com |
| Family Passages / Sue Dumais | A Strong Core for Life | 604-312-8203 | 2 | www.familypassages.ca |
| Family Passages / Sue Dumais | Core Training for Pregnancy | 604-312-8203 | 2 | www.familypassages.ca |
| Family Passages / Sue Dumais | Exercise Your Right to be Financially Fit | 604-312-8203 | 2 | www.familypassages.ca |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|------------------------------|---|--------------|--------------|--|
| Family Passages / Sue Dumais | Fitness Fertility Specialist Certification | 604-312-8203 | 4 | www.familypassages.ca |
| Family Passages / Sue Dumais | Healing the Postpartum Body - Webinar | 604-312-8203 | 1.5 | www.familypassages.ca |
| Family Passages / Sue Dumais | Pre & Post Natal Fitness Certification - Part 1 Theory | 604-312-8203 | 8 | www.familypassages.ca |
| Family Passages / Sue Dumais | Pre & Post Natal Fitness Certification Part 2 | 604-312-8203 | 6 | www.familypassages.ca |
| Family Passages / Sue Dumais | Pregnancy, Posture & Exercise | 604-312-8203 | 2 | www.familypassages.ca |
| Family Passages / Sue Dumais | Training for Delivery | 604-312-8203 | 2 | www.familypassages.ca |
| Family Passages / Sue Dumais | Understanding Pelvic Floor Health - Webinar | 604-312-8203 | 1.5 | www.familypassages.ca |
| Family Passages / Sue Dumais | Weight Loss after Pregnancy | 604-312-8203 | 2 | www.familypassages.ca |
| Family Passages / Sue Dumais | Wired & Tired - Implementing a Stress Management Program for Your Clients | 604-312-8203 | 2 | www.familypassages.ca |
| Family Passages/Sue Dumais | Get Out of Your Own Way & Achieve Success | 604-312-8203 | 12 | www.familypassages.ca |
| Fit 4 Two | It's Never Too Early to be an Active Role Model. Why an Active Pregnancy Matters. | 604-602-1546 | 2 | www.fit4two.ca |
| Fit 4 Two | Postnatal Anatomy and Physiology | 604-719-7981 | 2 | www.fit4two.ca |
| Fit 4 Two | Postnatal Class and Program Planning | 604-719-7980 | 2 | www.fit4two.ca |
| Fit 4 Two | Postnatal Fitness Guidelines | 604-719-7981 | 2 | www.fit4two.ca |
| Fit 4 Two | Postnatal Fitness Research | 604-602-1546 | 2 | www.fit4two.ca |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|------------------|--|--------------|--------------|---|
| Fit 4 Two | Pre and Postnatal Fitness Certification Day One | 604-602-1546 | 8 | www.fit4two.ca |
| Fit 4 Two | Pre and Postnatal Fitness Specialist Certification | 604-719-7981 | 16 | www.fit4two.ca |
| Fit 4 Two | Pregnancy Abs | 604-602-1546 | 2 | www.fit4two.ca |
| Fit 4 Two | Prenatal Anatomy & Physiology | 604-602-1546 | 2 | www.fit4two.ca |
| Fit 4 Two | Prenatal Class and Program Planning | 604-719-7979 | 2 | www.fit4two.ca |
| Fit 4 Two | Prenatal Fitness Guidelines | 604-719-7981 | 2 | www.fit4two.ca |
| Fit 4 Two | Prenatal Fitness Research | 604-602-1546 | 2 | www.fit4two.ca |
| Fit4Two | Pregnancy & Infant Loss. Being a Conscious Leader | 604-719-7981 | 6 | http://www.fit4two.ca/ |
| Fix My Back Pain | Exercises for Injuries | 604-532-5248 | 3.5 | www.ExercisesForInjuries.com |
| Fix My Back Pain | Exercises for Injuries | 604-532-5248 | 3.5 | www.ExercisesForInjuries.com |
| GMP Fitness | ABC Fitness Training Specialist | 888.467.3488 | 6 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Athletic Performance Specialist Part 1 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Athletic Performance Specialist Part 2 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Athletic Performance Specialist Part 3 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Back Injury Prevention Specialist | 888.467.3488 | 11 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--------------|---------------------------------------|--------------|--------------|---|
| GMP Fitness | Balance Performance Specialist Part 1 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Balance Performance Specialist Part 2 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Balance Performance Specialist Part 3 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Balance Progressions Specialist | 888.467.3488 | 6 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Carpal Tunnel Exercise Specialist | 888.467.3488 | 5 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Core Performance Specialist Part 1 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Core Performance Specialist Part 2 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Core Performance Specialist Part 3 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Core Training Specialist | 888.467.3488 | 6 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Cycling Injury Prevention Specialist | 888.467.3488 | 9 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--------------|---|--------------|--------------|---|
| GMP Fitness | Exercise Development Specialist | 888.467.3488 | 15 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Fibromyalgia Health and Exercise Specialist Lev 1 | 888.467.3488 | 30 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Fibromyalgia Health and Exercise Specialist Lev 2 | 888.467.3488 | 30 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Flexibility Performance Specialist Part 1 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Flexibility Performance Specialist Part 2 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Flexibility Performance Specialist Part 3 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Flexibility Training Specialist | 888.467.3488 | 5 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Golf Conditioning Specialist | 888.467.3488 | 17 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Golf Injury Prevention Specialist | 888.467.3488 | 6 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Golf Wellness Specialist | 888.467.3488 | 5 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--------------|--|--------------|--------------|---|
| GMP Fitness | Holistic Enzyme Nutrition and Wellness Specialist | 888.467.3488 | 30 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Holistic Homeopathy and Sports Wellness Specialist | 888.467.3488 | 30 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Holistic Success Specialist | 888.467.3488 | 30 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Knee Injury Prevention Specialist | 888.467.3488 | 11 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Longevity Wellness Specialist | 888.467.3488 | 11 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Lower Body Ball Specialist | 888.467.3488 | 6 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Muscular Performance Self-Therapy Specialist | 888.467.3488 | 30 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Posture Analysis Specialist | 888.467.3488 | 6 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Posture Performance Specialist Part 1 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Posture Performance Specialist Part 2 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|----------------------------|---|----------------|--------------|---|
| GMP Fitness | Posture Performance Specialist Part 3 | 888.467.3488 | 25 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Running Injury Prevention Specialist | 888.467.3488 | 8 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Spinal Health Connection Specialist | 888.467.3488 | 6 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Triathlon Fitness Performance Specialist Part 1 | 888.467.3488 | 30 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Triathlon Injury Prevention Specialist | 888.467.3488 | 12 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| GMP Fitness | Triathlon Performance Specialist Part 2 | 888.467.3488 | 30 | www.gmpfitness.com Use discount code GMPBC25 - 25% off all GMP Fitness Courses |
| Go Train Industry Pty Ltd. | Menofitness | 61 3 544 33390 | 5.5 | www.menofitness.net |
| Harmony Fit | Agility and Quickness | 604-836-4686 | 8 | http://www.harmonyfit.ca |
| Harmony Fit | Agility and Quickness | 604-836-4686 | 8 | http://www.harmonyfit.ca |
| Harmony Fit | Anatomy of Cycling | 604-836-4686 | 5 | http://www.harmonyfit.ca |
| Harmony Fit | Anatomy of Cycling | 604-836-4686 | 5 | http://www.harmonyfit.ca |
| Harmony Fit | Conflict Management | 604-836-4686 | 8 | http://www.harmonyfit.ca |
| Harmony Fit | Developing Self Esteem | 604-836-4686 | 8 | http://www.harmonyfit.ca |
| Harmony Fit | Essential Core | 604-836-4686 | 8 | www.harmonyfit.ca |
| Harmony Fit | Essential Nutrition | 604 836 4686 | 16 | www.HarmonyFit.ca |
| Harmony Fit | Functional Exercise | 604 836 4686 | 8 | www.HarmonyFit.ca |
| Harmony Fit | Group Training Success | 604-836-4686 | 3 | http://www.harmonyfit.ca |
| Harmony Fit | Kinetic Anatomy | 604-836-4686 | 16 | http://www.harmonyfit.ca |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|-------------------|--|--------------|--------------|---|
| Harmony Fit | Nutrition Composition | 604 836 4686 | 20 | www.HarmonyFit.ca |
| Harmony Fit | Nutrition You Can Use-Based on the Canada Food Guide | 604-836-4686 | 8 | http://www.harmonyfit.ca |
| Harmony Fit | Simple Pool Workouts | 604-836-4786 | 3 | www.harmonyfit.ca |
| Harmony Fit | Studio Cycle Series | 604-836-4686 | 3 | http://www.harmonyfit.ca |
| Harmony Fit | Time Management | 604-836-4686 | 8 | www.harmonyfit.ca |
| Harmony Fit | Yoga Anatomy | 604-836-4686 | 8 | www.harmonyfit.ca |
| Harmony Fit | Youth Fit | 604-836-4686 | 5 | http://www.harmonyfit.ca |
| HIGH FIVE | Healthy Minds for Healthy Children- HIGH FIVE [®] | | 1 | www.highfive.org |
| INFOFIT Educators | 4 Part Masterclass Program: Conceive it, Build it, Bring it, and then Grow it... | 604-683-0784 | 36 | www.infofit.ca |
| INFOFIT Educators | 7 Nutritional Lies | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Alarming Trends in Women's Health | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | APO E Gene Diet | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Are You Fit For Love? | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Back to School Nutrition | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Balancing Your Hormones through Diet | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Boot Camp and Outdoor Fitness | 604-683-0785 | 5 | www.infofit.ca |
| INFOFIT Educators | Create & Grow Your Own Online Fitness Business | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Creative Exercise Strategies for the Holidays | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Eating Smart | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Exercise and Nutrition | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Exercise Ideas for Fitness Professionals: Part 1 | 604-683-0785 | 8 | www.infofit.ca |

BCRPA Pre-approved Distance Education Workshops

| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|-------------------|---|--------------|--------------|--|
| INFOFIT Educators | Exercise Ideas for Fitness Professionals: Part 2 | 604-683-0785 | 10 | www.infofit.ca |
| INFOFIT Educators | Finding Motivation and Creating Consistency | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Fitness Myths and Mysteries | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Functional Facts and Fallacies | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Functional Meditation | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Grow Your PT Business | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Helping Those with Eating Disorders | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Hormone Fitness | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Hormones and Your Health | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | How HIIT Enhances Your Performance | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | How to Get that Job | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | In-Class, One-on-One Training-Cardiac Rehabilitation | 604-683-0785 | 7 | www.infofit.ca |
| INFOFIT Educators | In-Class, One-on-One Training-Earthquake Proof Your Spine | 604-683-0785 | 7 | www.infofit.ca |
| INFOFIT Educators | In-Class, One-on-One Training-Exercise Rehabilitation-Hip, Knee and Ankle | 604-683-0785 | 7 | www.infofit.ca |
| INFOFIT Educators | In-Class, One-on-One Training-Exercise Rehabilitation-Shoulder, Elbow and Wrist | 604-683-0785 | 7 | www.infofit.ca |

BCRPA Pre-approved Distance Education Workshops

| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|-------------------|---|--------------|--------------|--|
| INFOFIT Educators | In-Class, One-on-One Training- Healthy Ageing and Exercise Prescription | 604-683-0785 | 7 | www.infofit.ca |
| INFOFIT Educators | In-Class, One-on-One Training- Muscle Testing, Function and Exercise | 604-683-0785 | 7 | www.infofit.ca |
| INFOFIT Educators | In-Class, One-on-One Training- Muscle Testing, Function and Exercise-DNU | 604-683-0785 | 7 | www.infofit.ca |
| INFOFIT Educators | In-Class, One-on-One Training- Spine and Postural Assessment and Correction | 604-683-0785 | 7 | www.infofit.ca |
| INFOFIT Educators | JrFit- The Trainer's Resource for youth Fitness | 604-683-0785 | 20 | www.infofit.ca |
| INFOFIT Educators | Leadership Skills for Fitness Professionals | 604-683-0785 | 14 | www.infofit.ca |
| INFOFIT Educators | Legal Lessons for your Business | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Measuring Fat Loss Accurately in the 21st Century | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Mental Training 101 | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Metabolic Resistance Training | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Mindful Eating & Digestion | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Myofascial Release | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Myths & Mysteries of Fitness | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Nutrition for Each Stage of Life | 604-683-0785 | 1 | www.infofit.ca |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|-------------------|--|--------------|--------------|--|
| INFOFIT Educators | Nutritional Strategies for the Holidays | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Obesity and Cancer | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Optimal Nutrition Simplified | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Periodization | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Pre & Postnatal Fitness Specialist | 604-683-0785 | 16 | www.infofit.ca |
| INFOFIT Educators | Pre- and Post- Workout | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Preventing Cancer Through Nutrition | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Pros & Cons of HIIT | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Raw Cacao | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Raw Food Diet | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Rest and Recovery | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Social Media Kickstart | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Solve Your Spring Allergies | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | SrFit- The Trainer's Resource for Senior Fitness | 604-683-0785 | 20 | www.infofit.ca |
| INFOFIT Educators | Strength Training for Vegans/Vegetarians | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Stress, Adrenal & Thyroid | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Stubborn Fat and The HcG Diet | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Stubborn Fat Loss | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Supervisors Workshop | 604-683-0785 | 10 | www.infofit.ca |
| INFOFIT Educators | Supplements for Optimal Athletic Performance | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | System 5 Financial Freedom For Personal Trainers | 604-683-0785 | 20 | www.infofit.ca |
| INFOFIT Educators | Tabata - Training Smart of Maximal Results | 604-683-0785 | 1 | www.infofit.ca |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|-------------------|---|--------------|--------------|--|
| INFOFIT Educators | The APO E Gene Diet | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | The Certified Sports Nutrition Advisor On-Line education Program | 604-683-0785 | 200 | www.infofit.ca |
| INFOFIT Educators | The Principles of Sports Nutrition | 604-683-0785 | 24 | www.infofit.ca |
| INFOFIT Educators | The Science of Exercise | 604-683-0785 | 11 | www.infofit.ca |
| INFOFIT Educators | The Science of Living Well | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Top Ten Energy Boosters | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Treating Sports Injuries with Prolotherapy | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Understanding Dietary Supplements | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Why Do We Get Fatter As We Age? | 604-683-0785 | 1 | www.infofit.ca |
| INFOFIT Educators | Your First Bodybuilding Competition: What You Should Know | 604-683-0785 | 1 | www.infofit.ca |
| inhometrainer Ltd | The IN Home Trainer's Instructor Workshop | 905-872-4637 | 4 | www.inhometrainer.ca/personal-trainer-courses.html |
| Jaine Priest | Cancer and Exercise Online Training | 6042573056 | 5 | N/A |
| Kim Bond | Posture Perfect Article - Correspondence | 604-582-7377 | 2 | www.everydayathletes.ca |
| Kim Bond | The Science of Fitness Assessing Article - Correspondence | 604-582-7377 | 1 | www.everydayathletes.ca |
| Kinesiologists.ca | The Next Level - Personal Training 2.0-Anthropometric Measurement Techniques Workshop | 604-736-9858 | 8 | www.kinesiologists.ca |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|-------------------------------|---|--------------|--------------|--|
| Kinesiologists.ca | The Next Level- Sugar & Sweetener Nutrition | 604-736-9858 | 4 | www.kinesiologists.ca |
| On the Edge Fitness Educators | Flexibility Assessment | 604-985-7410 | 3 | www.edgefit.ca |
| On the Edge Fitness Educators | Fundamentals of Anatomy Part 1 | 604-985-7410 | 10 | www.edgefit.ca |
| On the Edge Fitness Educators | Fundamentals of Anatomy Part 2 | 604-985-7410 | 10 | www.edgefit.ca |
| On the Edge Fitness Educators | Getting the CORE of the Matter | 604-985-7410 | 3 | www.edgefit.ca |
| On the Edge Fitness Educators | How to sell without "selling" | 604-998-3379 | 3 | www.edgefit.ca |
| On the Edge Fitness Educators | Posture Assessment | 604-985-7410 | 3 | www.edgefit.ca |
| On the Edge Fitness Educators | Special Populations | 604-985-7410 | 10 | www.edgefit.ca |
| On the Edge Fitness Educators | Special Populations | 604-998-3379 | 10 | www.edgefit.ca |
| On the Edge Fitness Educators | Supervisory Skills for Aspiring Leaders | 604-985-7410 | 8 | www.edgefit.ca |
| On the Edge Fitness Educators | The "WOW" factor For Service Excellence | 604-998-3379 | 3 | www.edgefit.ca |
| On the Edge Fitness Educators | Training and Conditioning Program Design | 604-985-7410 | 8 | www.edgefit.ca |
| Personal Training on the Net | Client Assessment, Biomechanics, & Metabolism | 720-489-0294 | 2 | www.ptonthenet.com |
| Personal Training on the Net | Client Relations & Business Management | 720-489-0294 | 2 | www.ptonthenet.com |
| Personal Training on the Net | Flexibility | 720-489-0294 | 2 | www.ptonthenet.com |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--|--|--------------|--------------|--|
| Personal Training on the Net | Lower Extremity Injury Prevention | 720-489-0294 | 2 | www.ptonthenet.com |
| Personal Training on the Net | Practical Applications of Explosive Lifting & Advanced Strength Training | 720-489-0294 | 2 | www.ptonthenet.com |
| Personal Training on the Net | Program Design: Recovery | 720-489-0294 | 2 | www.ptonthenet.com |
| Personal Training on the Net | The Muscular System | 720-489-0294 | 2 | www.ptonthenet.com |
| Physical Expressions | Anatomy Review | 604-785-8776 | 5 | www.phys-x.ca |
| PL3Y Inc. | DANCEPL3Y Kids Instructor Training (Online) | 604-704-1031 | 16 | www.pl3yinc.com |
| Rick Kaselj / Excercisesforinjuries.com | Fix My Shoulder Pain | 604-532-5248 | 3 | www.ExerciseForInjuries.com |
| Rick Kaselj / Excercisesforinjuries.com | Muscle Imbalances Revealed - Lower Body System | 604-532-5248 | 6 | www.ExerciseForInjuries.com |
| Rick Kaselj / Excercisesforinjuries.com | Muscle Imbalances Revealed- Upper Body Edition | 888-291-2430 | 7 | www.exercisesforinjuries.com |
| Rick Kaselj / Excercisesforinjuries.com | The Ultimate Training Guide for Cancer Survivors | 888-291-2430 | 2 | www.ExerciseForInjuries.com |
| Rick Kaselj / ExerciseForInjuries.com | Lower Back Spinal Fusion & Exercise Webinar | 604-532-5248 | 1 | www.ExerciseForInjuries.com |
| Rick Kaselj / ExerciseForInjuries.com | Muscle Imbalances Revealed – Assessment & Exercise | 604-532-5248 | 6 | www.ExerciseForInjuries.com |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|---|---|--------------|--------------|--|
| Rick Kaselj / ExercisesForInjuries.com | Corrective Exercises for Running Injury-free | 604-532-5248 | 1 | www.ExerciseForInjuries.com |
| Rick Kaselj / ExercisesForInjuries.com | Effective Rotator Cuff Exercises | 604-532-5248 | 5 | www.ExerciseForInjuries.com |
| Rick Kaselj / ExercisesForInjuries.com | Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries | 604-532-5248 | 1 | www.ExercisesForInjuries.com |
| Rick Kaselj / ExercisesForInjuries.com | The Most Effective Rotator Cuff Exercise Program | 604-532-5248 | 1 | www.ExerciseForInjuries.com |
| Rick Kaselj / ExercisesForInjuries.com | Truth About Exercise & Osteoporosis | 604-532-5248 | 5 | www.ExerciseForInjuries.com |
| Rick Kaselj / Healing Through Movement | Fitness & Rehab Newsletter Distance Education Workshop - Module 1 | 604-532-5248 | 3 | www.HealingThroughMovement.com |
| Rick Kaselj / Healing Through Movement | Fitness & Rehab Newsletter Distance Education Workshop- Module 2 | 604-532-5248 | 3 | www.HealingThroughMovement.com |
| Rick Kaselj / Healing Through Movement | The Most Effective Exercises for Scoliosis | 604-532-5248 | 6 | www.HealingThroughMovement.com |
| Success Fitness | Bodyweight Training using the TRX and BOSU | 250 886 2490 | 4 | www.successfitness.ca |
| Success Fitness | Foam Roller Workshop | 250 886 2490 | 2 | www.successfitness.ca |
| Success Fitness | Goals are Essential | 250 886 2490 | 2 | www.successfitness.ca |
| Success Fitness | Personal Trainer Business Roadmap to Success | 250 886 2490 | 4 | www.successfitness.ca |
| Success Fitness | Pre and Postnatal Online Workshop | 250 886 2490 | 3 | www.successfitness.ca |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|--------------------------|--|----------------|--------------|--|
| Success Fitness | Training the Obese or Overweight Client | 250 886 2490 | 3 | www.successfitness.ca |
| Tammy Petersen | Exercise Management of Chronic Diseases and Disabilities for All Ages | 800-957-7348 | 20 | www.aahf.info |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program | 1-866-433-1595 | 200 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Eight | 1-866-433-1595 | 20 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Five | 1-866-433-1595 | 20 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Four | 1-866-433-1595 | 20 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Nine | 1-866-433-1595 | 20 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module One | 1-866-433-1595 | 20 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Seven | 1-866-433-1595 | 20 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Six | 1-866-433-1595 | 20 | www.coryholly.com |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|----------------------------------|---|----------------|--------------|--|
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Ten | 1-866-433-1595 | 20 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Three | 1-866-433-1595 | 20 | www.coryholly.com |
| The Cory Holly Institute | Certified Sports Nutrition Advisor (CSNA) Education Program - Module Two | 1-866-433-1595 | 20 | www.coryholly.com |
| The Personal Training Collective | 10 Exercise Prescription Strategies for Fitness Therapy. | 778-822-6224 | 1.5 | https://academy.theptcollective.com/ |
| The Personal Training Collective | 10 Tips for Training Hard Gainers | 778-822-6224 | 1 | https://academy.theptcollective.com/ |
| The Personal Training Collective | Balancing Work and Personal Time | 778-822-6224 | 1 | https://academy.theptcollective.com/ |
| The Personal Training Collective | Calories: The Good, The Bad and The Ugly | 778-822-6224 | 1.5 | http://courses.brenda-adams.com |
| The Personal Training Collective | Life Coaching Skills to Inspire your Clients | 778-822-6224 | 1.5 | http://courses.brenda-adams.com |
| The Personal Training Collective | Life Coaching Skills to Inspire your Clients | 778-822-6224 | 1.5 | https://academy.theptcollective.com/ |
| The Personal Training Collective | Movement Analysis Made Easy | 778-822-6224 | 1.5 | https://academy.theptcollective.com/ |
| The Personal Training Collective | Re-Ignite Your Passion for Teaching | 778-822-6224 | 1.75 | www.brenda-adams.com/fitness-workshops |
| The Personal Training Collective | Resistance Training Exercise Selection: Considerations for Optimal Adaptation | 778-822-6224 | 1.5 | https://academy.theptcollective.com/ |
| The Personal Training Collective | S.M.A.R.T. Goal Setting isn't so smart after all | 778-822-6224 | 1 | https://academy.theptcollective.com/ |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|----------------------------------|---|----------------|--------------|---|
| The Personal Training Collective | Sugar Metabolism | 778-822-6224 | 1.5 | https://academy.theptcollective.com/ |
| The Personal Training Collective | The Physiology of Inactivity | 778-822-6224 | 1 | https://academy.theptcollective.com/ |
| The Personal Training Collective | The "Knee"d for Comprehensive Hip Conditioning | 778-822-6224 | 1 | https://academy.theptcollective.com/ |
| The Personal Training Collective | The Physiology of Inactivity | 778-822-6224 | 1 | https://academy.theptcollective.com/ |
| The Personal Training Collective | Top 3 Mistakes Trainers Make with Plyometrics | 778-822-6224 | 1 | https://academy.theptcollective.com/ |
| The Personal Training Collective | Using Life Coaching Skills to Inspire Your Clients to Success | 778-822-6224 | 2 | www.brenda-adams.com |
| The PT Collective | Breathing: It's not just exhaling or | 1-888-544-2031 | 1.5 | https://academy.theptcollective.com |
| The PT Collective | The Essentials of Foam Rolling | 1-888-544-2031 | 2 | http://academy.theptcollective.com |
| Twist Conditioning | Level 1: Twist Sport Performance Essentials: Agility, Quickness and Reactivity | 604-904-6556 | 6 | http://twistconditioning.idealife.com |
| Twist Conditioning | Level 1: Twist Sport Performance Essentials: Sport Balance | 604-904-6556 | 10 | http://twistconditioning.idealife.com |
| Twist Conditioning | Sport Balance | 604-904-6556 | 6 | http://twistconditioning.idealife.com |
| Twist Conditioning | Sport Balance Advanced Concepts | 604-904-6556 | 10 | http://twistconditioning.idealife.com |
| Twist Conditioning | Sport Core | 604-904-6556 | 6 | http://twistconditioning.idealife.com |
| Twist Conditioning | Sport Movement Advanced Concepts | 604-904-6556 | 10 | http://twistconditioning.idealife.com |
| Twist Conditioning | Sport Movement Essentials | 604-904-6556 | 10 | http://twistconditioning.idealife.com |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|------------------------|--|----------------|--------------|---|
| Twist Conditioning | Sport Strength Advanced Concepts | 604-904-6556 | 10 | http://twistconditioning.ideafit.com |
| Twist Conditioning | Sport Strength Chest and Back | 604-904-6556 | 6 | http://twistconditioning.ideafit.com |
| Twist Conditioning | Sport Strength Essentials | 604-904-6556 | 10 | http://twistconditioning.ideafit.com |
| Twist Conditioning | Sport Strength Legs and Shoulders | 604-904-6556 | 6 | http://twistconditioning.ideafit.com |
| Twist Conditioning | SURGE: Dynamic Fluid Resistance Training | 604-904-6556 | 8 | http://twistconditioning.ideafit.com |
| Twist Conditioning Inc | Agility, Quickness & Reactivity | 1-888-214-4244 | 6 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 1: Twist Sport Performance Essentials: Sport Balance | 1-888-214-4244 | 6 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 1: Twist Sport Performance Essentials: Sport Core | 1-888-214-4244 | 6 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 1: Twist Sport Performance Essentials: Sport Strength Chest and Back | 604-904-6556 | 6 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 1: Twist Sport Performance Essentials: Sport Strength Legs and Shoulders | 604-904-6556 | 6 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 2: Twist Sport Performance Progressive Techniques: Sport Balance | 604-904-6556 | 10 | www.twistconditioning.com |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|------------------------|---|--------------|--------------|---|
| Twist Conditioning Inc | Level 2: Twist Sport Performance Progressive Techniques: Sport Movement | 604-904-6556 | 10 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 2: Twist Sport Performance Progressive Techniques: Sport Strength | 604-904-6556 | 10 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 3: Twist Sport Performance Advanced Concepts: Sport Balance | 604-904-6556 | 10 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 3: Twist Sport Performance Advanced Concepts: Sport Movement | 604-904-6556 | 10 | www.twistconditioning.com |
| Twist Conditioning Inc | Level 3: Twist Sport Performance Advanced Concepts: Sport Strength | 604-904-6556 | 10 | www.twistconditioning.com |
| Urban Poling | Urban Poling Instructor Certification Workshop | 604-990-7711 | 4.5 | www.urbanpoling.com |
| WaterART Fitness | Aqua Pre Post Natal Instructor Correspondance | 416-621-0821 | 50 | www.waterart.org |
| WaterART Fitness | Aquatic Arthritis Insturctor Correspondance | 416-621-0821 | 75 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=839 |
| WaterART Fitness | Aquatic Kids Instructor Certification Correspondance | 416-621-0821 | 50 | www.waterart.org |
| WaterART Fitness | Aquatic Personal Training | 416-621-0821 | 150 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=837 |
| WaterART Fitness | Aquatic Personal Training with Tutorial | 416-621-0821 | 150 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=8671 |
| WaterART Fitness | Aquatic Rehabilitation Training | 416-621-0821 | 150 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=843 |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|-------------------------------|--|--------------|--------------|---|
| WaterART Fitness | Aquatic Running Instructor Training | 416-621-0821 | 50 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=8206 |
| WaterART Fitness | Arthritis Instructor Training with Tutorials | 416-621-0821 | 75 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=9148 |
| WaterART Fitness | Instrutor Training with Tutorial | 416-621-0821 | 100 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=8113 |
| WaterART Fitness | Instrutor Training without Tutorial | 416-621-0821 | 100 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=835 |
| WaterART Fitness | Managing A Healthy Weight | 416-621-0821 | 50 | www.waterart.org |
| WaterART Fitness | Senior's Instructor Training | 416-621-0821 | 100 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=836 |
| WaterART Fitness | Shape Up and Water Train | 416-621-0821 | 50 | www.waterart.org |
| WaterART Fitness | Sports Conditioning Training | 416-621-0821 | 100 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=6005 |
| WaterART Fitness | Water Walking Instructor Training | 416-621-0821 | 50 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=7932 |
| WaterART Fitness | WaterART Common Movement Disorders Instructor Correspondance | 416-621-0821 | 50 | www.waterart.org |
| WaterART Fitness | WaterArt Mind-Body Training | 416-621-0821 | 75 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=842 |
| WaterART Fitness | WaterART Parent and Tot/Toddler Training | 416-621-0821 | 50 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=6038 |
| WaterART Fitness | Weight Management Consultant Training | 416-621-0821 | 100 | http://www.waterart.org/product_info.php?cPath=1_2&products_id=1363 |
| WaterWays Fitness Head Office | Aquafitness for Older Adults: Part 1 | | 1.5 | www.waterwaysfitness.com |
| WaterWays Fitness Head Office | CALA-WaterWays Fitness Teleclass Recordings | | 1.5 | www.waterwaysfitness.com |

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| ORGANIZATION | WORKSHOP TITLE | TELEPHONE # | CREDIT VALUE | WEBSITE |
|-------------------------------|---|-------------|--------------|--|
| WaterWays Fitness Head Office | Case Study 1: Designing a comprehensive fitness program for Miriam, a 54 yr old lady in menopause | | 1.5 | www.waterwaysfitness.com |
| WaterWays Fitness Head Office | Splish! Splash! Aqua Kids | | 1.5 | www.waterwaysfitness.com |
| WaterWays Fitness Head Office | The 5 Magical Properties of Water - Get all the Facts! | | 1.5 | www.waterwaysfitness.com |
| WaterWays Fitness Head Office | Water Running "Just a Minute" Class | | 1.5 | www.waterwaysfitness.com |