

BCRPA PRE-APPROVED DISTANCE EDUCATION 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's	Website
Accelerated Online Learning	Ultimate Guide to Human Gross Anatomy	1-888-738-8147	10	www.sesonlinece.com/bcrpa
Accelerated Online Learning	Ultimate Guide to Screening and Rehabilitation of Lower Extremity Injuries	1-888-738-8147	11	www.sesonlinece.com/bcrpa
ActiveAge™	Noelle Virtue	604.629.0965 ext. 228	8	https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/
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	Vegetarian Nutrition - Unit 4	604-295-9124	20	www.aliveacademy.com
Alive Academy	Sports & Fitness Nutrition Certificate Program (CSNC)	604-295-9124	45	www.aliveacademy.com
Alive Academy	Advanced Nutrition Diploma Program (CSNC/CHN)	604-295-9124	60	www.aliveacademy.com
American Academy of Health and Fitness	Vary	1-800-957-7348	Vary	www.aahf.info Over 10 BCRPA approved courses
Apprenticeship Training 1 Program	INFOFIT Educators	604.683.0785	28	www.infofit.ca
Apprenticeship Training 2 Program	INFOFIT Educators	604.683.0785	37	www.infofit.ca
Balance Yoga with the Chair	Rhona Parsons	250-308-8616	5	www.rhonaparsons.com
BCRPA	Choose to Move	604-629-0965	7	https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/

BCRPA	BCRPA- E Learning	604-629-0965	vary	http://elearn.bcrpa.bc.ca/
Bellyfit	Bellyfit Instructor Certification	250-590-7637	8	www.bellyfit.com
Beyond the Core - Rethinking Abdominal Training	Veronkia Gelsc	604-879-5500	3	http://inshapetraining.net/content/vancouver-fitness-certification-workshops
Body Blueprint	Vary	778-433-8884	Vary	www.bodyblueprint.com Head over to their website for over 50 BCRPA approved courses
C.H.E.K Institute	Vary	760-477-2620	Vary	www.chekinstitute.com
Cari Plotnikoff	Core Stability: Fundamentals And Progressions	604-809-6039	2	https://innerstrength.fit/
Cari Plotnikoff	Hormones: The Serotonin Connection Between Eating And Mood	604-809-6039	2	https://innerstrength.fit/
Cari Plotnikoff	Metabolism and Altering Body Comp	604-809-6039	2	https://innerstrength.fit/
Cari Plotnikoff	Osteofit Protocols and Pinciples	604-809-6039	2	https://innerstrength.fit/
Cari Plotnikoff	Resistance Training Principles And Concepts	604-809-6039	2	https://innerstrength.fit/
Cari Plotnikoff	Strength Training For Seniors	604-809-6039	2	https://innerstrength.fit/
Cari Plotnikoff	Basic Components Of Nutrition: The 6 Nutrients And Why Each Is Essential To Optimal Health	604-809-6039	3	https://innerstrength.fit/
Cari Plotnikoff	Stress Resiliency	604-809-6039	3	https://innerstrength.fit/
Cari Plotnikoff	The Era of Digital Distractions	604-809-6039	3	https://innerstrength.fit/
Cari Plotnikoff	The Importance of Flexibility Training As We Age	604-809-6039	3	https://innerstrength.fit/
Cari Plotnikoff	How Healthy is Your Gut?	604-809-6039	3	https://innerstrength.fit/
Cari Plotnikoff	Importance of Posture and Muscle Balance	604-809-6039	3	https://innerstrength.fit/
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 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 Part 1 - Pre and Post Natal Theory	604-527-5472	8	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 Techniques in Fitness Assessment	604-527-5472	21	www.douglas.bc.ca/ce/sport
DSW Fitness	Vary	1-800-465-7301	Vary	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	Fitness Fertility Specialist Certification	604-312-8203	4	www.familypassages.ca
Fiore Health	Clinical Applications for Therapeutic Diets	604-837-5031	6	https://fiorehealthacademy.thinkific.com/courses/Therapeutic-Diets
Fit4Two	Canadian Prenatal Fitness Guideline	604-719-7981	2	www.fit4two.ca
Fit4Two	Canadian Prenatal Fitness Guideline Update	604-719-7981	2	http://fit4two.ca
Fit4Two	Cue Pelvic Floor Successfully	604-719-7981	2	http://fit4two.ca
Fit4Two	Cueing Pelvic Floor Successfully	604-719-7981	2	www.fit4two.ca
Fit4Two	Diastasis Recti Update	604-719-7981	2	http://fit4two.ca
Fit4Two	Diastasis Recti Update	604-719-7981	2	www.fit4two.ca
Fit4Two	It's Never Too Early to be an Active Role Model- Why an Active Pregnancy	604-719-7981	2	www.fit4two.ca
Fit4Two	Postnatal Anatomy and	604-719-7981	2	www.fit4two.ca
Fit4Two	Postnatal Fitness guidelines	604-719-7981	2	www.fit4two.ca
Fit4Two	Prenatal Anatomy and Physiology	604-719-7981	2	www.fit4two.ca
Fit4Two	Prenatal Fitness Guidelines	604-719-7981	2	www.fit4two.ca
Fit4Two	Pregnancy & Infant Loss. Being a Conscious Leader.	604-719-7981	6	http://fit4two.ca/training/PPFS-workshop-online-register
Fit4Two	Pregnancy and Infant Loss- Being a Conscious Leader	604-719-7981	6	www.fit4two.ca
Fit4Two	Prenatal Class and Program Planning	604-719-7981	8	www.fit4two.ca
Fit4Two	Postnatal Class and Program Planning	604-719-7981	16	www.fit4two.ca
Fit4Two	Pre and Postnatal Fitness Specialist Course	604-719-7981	16	www.fit4two.ca
Fitness Education Online	4 Steps to a Successful Bootcamp Level 1	61412758031	11	https://www.fitnesseducationonline.com.au
Fitness Education Online	4 Steps to a Successful Bootcamp Level 2	61412758031	11	https://www.fitnesseducationonline.com.au

Fitness Marketing	Barre Above	780-496-7410	8	www.FMGonline.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
FMT Movement Specialist & FMT Movement Specialist Advanced	Functional Movement Training (FMT)	760-494-9340	12	https://www.rocktape.com/medical/education/fmt-movement-specialist/
GMP Fitness	Vary	888-467-3488	Vary	www.gmpfitness.com Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
Go Train Industry Pty Ltd.	Menofitness	61 3 544 33390	5.5	www.menofitness.net
Harmony Fit	Vary	604-836-4686	Vary	http://www.harmonyfit.ca
Human Kinetics	Vary	1-800-456-7301	Vary	https://canada.humankinetics.com/collections/courses New approved courses include: <ul style="list-style-type: none"> • Active Living Every Day Facilitator Training Course, 3rd edition -- 13 CECs • Adaptive Yoga -- 11 CECs • Back Exercise -- Brain Richey -- 9 CECs • Diet and Weight Loss Tr
INFOFIT Educators	Vary	604-683-0785	Vary	www.infofit.ca New course: Speed, Power & Speed (1CEC)
inhometrainer Ltd	The IN Home Trainer's Instructor Workshop	905-872-4637	4	www.inhometrainer.ca/personal-trainer-courses.html
Inshape Training	BMI - History. Purpose. Fall-out	604-879-5500	2	http://inshapetraining.net/content/vancouver-fitness-certification-workshops
Inshape Training	Fitness Theory Prep Workshop	604-879-5500	2	http://inshapetraining.net/content/vancouver-fitness-certification-workshops
Inshape Training	Health Anxiety	604-879-5500	2	http://inshapetraining.net/content/vancouver-fitness-certification-workshops
Inshape Training	Perspectives From a Large Body Client - An Anthology of Experiences	604-879-5500	2	http://inshapetraining.net/content/vancouver-fitness-certification-workshops
Inshape Training	Sugar Addiction - Myth or Reality?	604-879-5500	2	http://inshapetraining.net/content/vancouver-fitness-certification-workshops
Inshape Training	Beyond the Core - Rethinking Abdominal Training	604-879-5500	3	http://inshapetraining.net/content/vancouver-fitness-certification-workshops

Isabel Arias Santos	Danceyoqi	250-885-8771	15	isabelfitness.com or www.bodyblueprint.com
Isabel Arias Santos	SoQi	250-885-8771	15	isabelfitness.com or www.bodyblueprint.com
Jaimee Stokes	Avoiding Instructor Burnout	604-377-2660	1	www.jaimeestokes.com
Jaimee Stokes	Leading Successful Walking Groups	604-377-2660	1	www.jaimeestokes.com
Jaimee Stokes	Where Do Your Passions Lie?	604-377-2660	1	www.jaimeestokes.com
Jaimee Stokes	Abs 101	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Bands/Balls/Balance	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Cardio Inspiration!	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Do's & Don'ts with Dumbbells	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Exercise & Strokes	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Functional Fitness: Exercise for Healthy Living	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Got Butt?	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	How to HIIT Your Fitness Goals	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Personal Training Case Study	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Standing Above the Competition: Writing Your Resume	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Top 10 Tips to Becoming a Successful Trainer	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Triple P: Perfecting Proper Posture	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	Yoga-Inspired Stretching	604-377-2660	2	www.jaimeestokes.com
Jaimee Stokes	16 CEC Bundle Package!	604-377-2660	16	www.jaimeestokes.com
Jaine Priest	Cancer and Exercise Online Training	604-257-3056	5	N/A
Kim Bond	The Science of Fitness Assessing Article - Correspondence	604-582-7377	1	www.everydayathletes.ca
Kim Bond	Posture Perfect Article - Correspondence	604-582-7377	2	www.everydayathletes.ca
Kinesiologists.ca	The NeXT Level - Protein - How Much is too Much	778-574-1190	2.5	www.kinesiologists.ca
Kinesiologists.ca	The NeXT Level - Neck Core Stabilization	778-574-1190	3	www.kinesiologists.ca
Kinesiologists.ca	The NeXT Level: Functional Anatomy of the Hip	778-574-1190	3	www.kinesiologists.ca
Kinesiologists.ca	The NeXT Level - Functional Anatomy of the Shoulder	778-574-1190	4	www.kinesiologists.ca
Kinesiologists.ca	The NeXT Level - Kinesiology of Resistance Training	778-574-1190	4	www.kinesiologists.ca
Kinesiologists.ca	The NeXT Level - Part 1: Sugars & Sweeteners	778-574-1190	4	www.kinesiologists.ca
Kinesiologists.ca	The Next Level- Sugar & Sweetener Nutrition	604-736-9858	4	www.kinesiologists.ca

Kinesiologists.ca	The NeXT Level - Resistance Training Program Design	778-574-1190	6	www.kinesiologists.ca
Kinesiologists.ca	The Next Level - Personal Training 2.0- Anthropometric Measurement Techniques Workshop	604-736-9858	8	www.kinesiologists.ca
Melanie Galloway	Power Training for Older Adults	604 732-9295	2	www.growingstrong.ca
Melanie Galloway	Fragile Frames	604.732.9295	3	www.growingstrong.ca
Melanie Galloway	Movement Challenges in Older Adult	604 732-9295	4	www.growingstrong.ca
Mini Band Workshop	Success Fitness	250.886.2490	3	www.successfitness.ca
Pfilates	Rhona Parsons	250-308-8617	2	www.rhonaparsons.com
Physical Expressions	Intro to Aquatic Fitness Training	604.785.8776	2	www.phys-x.ca
Physical Expressions	Stretching 101	604.785.8776	2	www.phys-x.ca
Physical Expressions	Anatomy Review	604-785-8776	5	www.phys-x.ca
Pilates Fitness Tutorial	Lela Dawson	604.318.3326	5	www.leladpilates.com
Pilates Mat Work Tutorial Workshop	Lela Dawson	604.318.3326	5	www.leladpilates.com
PL3Y Inc.	DANCEPL3Y Kids Instructor Training (Online)	604-704-1031	16	www.pl3yinc.com
PL3Y Inc.	DANCEPL3Y Preschool Instructor Training (Online)	604-704-1031	16	www.pl3yinc.com
Rick Kaselj	Corrective Exercises for Running Injury-free	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj	Exercises for Prevention, Rehabilitation & Overcoming Knee Injuries	604-532-5248	1	www.ExercisesForInjuries.com
Rick Kaselj	Lower Back Spinal Fusion & Exercise Webinar	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj	The Most Effective Rotator Cuff Exercise Program	604-532-5248	1	www.ExerciseForInjuries.com
Rick Kaselj	The Ultimate Training Guide for Cancer Survivors	604-532-5248	2	www.ExerciseForInjuries.com
Rick Kaselj	Fitness & Rehab Newsletter Distance Education Workshop - Module 1	604-532-5248	3	www.HealingThroughMovement.com
Rick Kaselj	Fitness & Rehab Newsletter Distance Education Workshop- Module 2	604-532-5248	3	www.HealingThroughMovement.com
Rick Kaselj	Fix My Shoulder Pain	604-532-5248	3	www.ExerciseForInjuries.com
Rick Kaselj	Effective Rotator Cuff Exercises	604-532-5248	5	www.ExerciseForInjuries.com
Rick Kaselj	Truth About Exercise & Osteoporosis	604-532-5248	5	www.ExerciseForInjuries.com
Rick Kaselj	Muscle Imbalances Revealed – Assessment & Exercise	604-532-5248	6	www.ExerciseForInjuries.com

Rick Kaselj	Muscle Imbalances Revealed - Lower Body System	604-532-5248	6	www.ExerciseForInjuries.com
Rick Kaselj	The Most Effective Exercises for Scoliosis	604-532-5248	6	www.HealingThroughMovement.com
Rick Kaselj	Muscle Imbalances Revealed-Upper Body Edition	604-532-5248	7	www.exercisesforinjuries.com
Sandra Starett	Intro to Aquatic Fitness Training	604.785.8776	2	www.phys-x.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	Mini Band Workshop	250 886 2490	3	www.successfitness.ca
Success Fitness	Pre and Postnatal Online Workshop	250 886 2490	3	www.successfitness.ca
Success Fitness	Training the Obese or Overweight Client	250 886 2490	3	www.successfitness.ca
Success Fitness	Bodyweight Training using the TRX and BOSU	250 886 2490	4	www.successfitness.ca
Success Fitness	Personal Trainer Business Roadmap to Success	250 886 2490	4	www.successfitness.ca
SureFeet	Fundamental Assessment Procedures for Seniors Fitness Programs	604-417-6440	2.15	surefeet.ca
SureFeet	Effective Seniors Balance and Mobility Training Program (ESBMT)	604-417-6441	2.25	surefeet.ca
SureFeet	Effective Seniors Balance and Mobility Training Program (ESBMT): Skill Progressions Workshop	604-417-6441	6.5	surefeet.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 - 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

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 Cory Holly Institute	Certified Sports Nutrition Advisor (CSNA) Education Program	1-866-433-1595	200	www.coryholly.com
The Personal Training Collective	Vary	778-822-6224	Vary	https://academy.theptcollective.com/
Think Yourself® Academy	THINK Yourself® A TECH PRO – THE BASICS	778-899-0260	1	www.thinkyourself.com/online
Think Yourself® Academy	Think Yourself Virtual Fitness Pro	778-899-0260	2	www.thinkyourself.com/online
Think Yourself® Academy	THINK Yourself® A TECH PRO – PART ONE	778-899-0260	2	www.thinkyourself.com/online
Think Yourself® Academy	THINK Yourself® CONFIDENT	778-899-0260	2.5	www.thinkyourself.com/online
Think Yourself® Academy	THINK Yourself® A BUSINESS PRO	778-899-0260	3	www.thinkyourself.com/online
Think Yourself® Academy	THINK Yourself® SUCCESSFUL	778-899-0260	3	www.thinkyourself.com/online
Think Yourself® Academy	THINK Yourself® HEALTHY	778-899-0260	4	www.thinkyourself.com/online
Think Yourself® Academy	THINK Yourself® A RELATIONSHIPS PRO	778-899-0260	5.5	www.thinkyourself.com/online
Think Yourself® Academy	THINK Yourself® A COACH	778-899-0260	6.5	www.thinkyourself.com/online
Twist Conditioning	Vary	604-904-6556	Vary	http://twistconditioning.ideafit.com
Urban Poling	Urban Poling Instructor Certification Workshop	604-990-7711	4.5	www.urbanpoling.com
WaterART Fitness	Vary	416-621-0821	Vary	https://www.waterart.org/cec-workshop/