

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 | Website |
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| 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 |
| 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 | AAHF has 25+ approved workshops | 1-800-957-7348 | Vary | www.aahf.info New courses: Breath AS Medicine for Fitness (15 CECs), Progressive Trunk Training Specialist Program (12 CECs), Certificate in Post Rehabilitation (CPRS) (35 CECs), Breath AS Medicine - Health and Wellness Focus (25 CECs) |
| BCRPA | Choose to Move | 604-629-0965 | 7 | https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/ |
| BCRPA | ActiveAge™ | 604.629.0965 ext. 228 | 8 | 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 |
| Veronkia Gelsc | Beyond the Core - Rethinking Abdominal Training | 604-879-5500 | 3 | http://inshapetraining.net/content/vancouver-fitness-certification-workshops |

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| Body Blueprint | Body Blueprint has 50+ approved courses and workshops | 778-433-8884 | Vary | www.bodyblueprint.com Head over to their website for over 50 BCRPA approved courses |
| C.H.E.K Institute | C.H.E.K. offers 10+ Approved workshops | 760-477-2620 | Vary | www.chekinstitute.com |
| Cari Plotnikoff | Cari offers 10+ Approved Workshops | 604-809-6039 | 2 to 3 | www.innerstrength.fit New Course: Mindful Eating: Why DIETS Do NOT Work (3 CECs) |
| 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 - 50+ approved workshops | 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 | Fit4Two has 16 Approved Workshops | 604-719-7981 | 2, 6 or 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 |

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| 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 | GMP Fitness has 10+ Approved Workshops | 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 | Harmony Fitness has 10+ Approved Workshops | 604-836-4686 | Vary | http://www.harmonyfit.ca |
| Human Kinetics | Human Kinetics has 30+ Approved Workshops | 1-800-456-7301 | Vary | https://canada.humankinetics.com/collections/courses |
| INFOFIT Educators | Apprenticeship Training 1 Program | 604.683.0785 | 28 | www.infofit.ca |
| INFOFIT Educators | Apprenticeship Training 2 Program | 604.683.0785 | 37 | www.infofit.ca |
| INFOFIT Educators | INFOFIT has 30+ Approved Workshops | 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 | DanceSoQi Level 1 | 250-885-8771 | 15 | isabelfitness.com or www.bodyblueprint.com |
| Isabel Arias Santos | DanceSoQi Level 2 | 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 | 16 CEC Bundle Package! | 604-377-2660 | 16 | www.jaimeestokes.com |

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| Jaine Priest | Cancer and Exercise Online Training | 604-257-3056 | 5 | N/A |
| Jamie Stokes | Jamie Stokes offers 16 Approved Workshops | 604-377-2660 | 1 to 2 | www.jaimeestokes.com |
| 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 |
| Rhona Parsons | Balance Yoga with the Chair | 250-308-8616 | 5 | www.rhonaparsons.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 |

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|---------------------------------|--|----------------|------|-----------------------|
| 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 |

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| 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/ |