

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
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
BCRPA	BCRPA- E Learning	604-629-0965	1	http://elearn.bcrpa.bc.ca/ New workshops: <ul style="list-style-type: none"> • Dementia Education for Fitness Leader (1 CEC) • How Fitness Leaders Can Thrive in the Shift from Training In-Person to Online (1 CEC)
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/
Bellyfit	Bellyfit Instructor Certification	250-590-7637	8	www.bellyfit.com
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: The Body's Balancing System - The Intergration of 3 Main Pathways
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
Fiore Health	The Female Difference: Nutrition and Training Principles for Women	604-837-5031	8.5	https://fiorehealthacademy.thinkific.com/courses/TheFemaleDifference
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
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: The Inflammatory Process Webinar (1 CEC)
inhometrainer Ltd	The IN Home Trainer's Instructor Workshop	905-872-4637	4	www.inhometrainer.ca/personal-trainer-courses.html
Inshape Training	"Back" in Action	604-879-5500	2	http://inshapetraining.net/content/vancouver-fitness-certification-workshops
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	History of Dieting: An Anthology of Racist & Classist Influences on the Body	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
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
Jaimee Stokes	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
Lela Dawson	Pilates Fitness Tutorial	604.318.3326	5	www.leladpilates.com
Lela Dawson	Pilates Mat Work Tutorial Workshop			
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
Pelviene Wellness Inc.	Core Confidence Specialist Course	604-910-3065	14	https://www.vaginacoach.com
Pelviene Wellness Inc.	Pre/Postnatal Fitness Specialist Certification	604-910-3065	20	https://www.vaginacoach.com
Core Exercise Solutions LLC	Pregnancy and Postpartum Corrective Exercise Specialist		34	https://www.coreexercisesolutions.com/pces/
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
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
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	The Personal Collective offers 10+ Workshops	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	Twist Condition pffer 10+ approved workshops	604-904-6556	Vary	http://twistconditioning.idealife.com

Urban Poling	Urban Poling Instructor Certification Workshop	604-990-7711	4.5	www.urbanpoling.com
WaterART Fitness	WaterART offers 10+ Approved Workshops	416-621-0821	Vary	https://www.waterart.org/cec-workshop/