

## 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	<a href="http://www.sesonlinece.com/bcrpa">www.sesonlinece.com/bcrpa</a>
Accelerated Online Learning	Ultimate Guide to Screening and Rehabilitation of Lower Extremity Injuries	1-888-738-8147	11	<a href="http://www.sesonlinece.com/bcrpa">www.sesonlinece.com/bcrpa</a>
Aerial Silk Alliance	250 Aerial Yoga Certification	2503920511	25	<a href="https://learnaerialyoga.com/">https://learnaerialyoga.com/</a>
Alive Academy	Natural Health Fundamentals - Unit 1	604-295-9124	20	<a href="http://www.aliveacademy.com">www.aliveacademy.com</a>
Alive Academy	Nutritional Sciences - Unit 3	604-295-9124	20	<a href="http://www.aliveacademy.com">www.aliveacademy.com</a>
Alive Academy	Sports & Fitness Nutrition - Unit 2	604-295-9124	20	<a href="http://www.aliveacademy.com">www.aliveacademy.com</a>
Alive Academy	Vegetarian Nutrition - Unit 4	604-295-9124	20	<a href="http://www.aliveacademy.com">www.aliveacademy.com</a>
Alive Academy	Sports & Fitness Nutrition Certificate Program (CSNC)	604-295-9124	45	<a href="http://www.aliveacademy.com">www.aliveacademy.com</a>
Alive Academy	Advanced Nutrition Diploma Program (CSNC/CHN)	604-295-9124	60	<a href="http://www.aliveacademy.com">www.aliveacademy.com</a>
American Academy of Health and Fitness	AAHF has 25+ approved workshops	1-800-957-7348	Vary	<a href="http://www.aahf.info">www.aahf.info</a> 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	Fitness Education Workshops	604-629-0965	1	<a href="http://elearn.bcrpa.bc.ca/">http://elearn.bcrpa.bc.ca/</a>
BCRPA	Choose to Move	604-629-0965	7	<a href="https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/">https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/</a>
BCRPA	ActiveAge™	604.629.0965 ext. 228	8	<a href="https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/">https://www.bcrpa.bc.ca/everything-else/activage-choose-to-move/</a>
Bellyfit	Bellyfit Instructor Certification	250-590-7637	8	<a href="http://www.bellyfit.com">www.bellyfit.com</a>

<b>Body Blueprint</b>	Body Blueprint has 50+ approved courses and workshops	778-433-8884	Vary	<a href="http://www.bodyblueprint.com">www.bodyblueprint.com</a>
<b>C.H.E.K Institute</b>	C.H.E.K. offers 10+ Approved workshops	760-477-2620	Vary	<a href="http://www.chekinstitute.com">www.chekinstitute.com</a>
<b>Cari Plotnikoff</b>	Cari offers 10+ Approved Workshops	604-809-6039	2 to 3	<a href="http://www.innerstrength.fit">www.innerstrength.fit</a>
<b>Catherine D'Aoust or GAIA adventures</b>	Body Ball Basic Workshop	604-329-1257	2	<a href="http://www.gaiaadventures.com">www.gaiaadventures.com</a>
<b>Core Exercise Solutions LLC</b>	Pregnancy and Postpartum Corrective Exercise Specialist		34	<a href="https://www.coreexercisesolutions.com/pces/">https://www.coreexercisesolutions.com/pces/</a>
<b>Debbie Cheong (Osteofit)</b>	Osteofit - Arthritis Cautions & Modifications in Exercise for Older Adults	604-940-0349	1.5	<a href="http://www.osteofit.org">www.osteofit.org</a>
<b>Debbie Cheong (Osteofit)</b>	Osteofit - Exploring Progressive Overload in Exercise for Older Adults	604-940-0349	2.5	<a href="http://www.osteofit.org">www.osteofit.org</a>
<b>Douglas College</b>	Online Aerobic and Anarobic Fitness - Session 3	604-527-5472	7	<a href="http://www.douglas.bc.ca/ce/sport">www.douglas.bc.ca/ce/sport</a>
<b>Douglas College</b>	Online Body Composition and Flexibility - Session 1	604-527-5472	7	<a href="http://www.douglas.bc.ca/ce/sport">www.douglas.bc.ca/ce/sport</a>
<b>Douglas College</b>	Online Resolving Conflict in a Sports Organization	604-527-5472	7	<a href="http://www.douglas.bc.ca/ce/sport">www.douglas.bc.ca/ce/sport</a>
<b>Douglas College</b>	Online Strength, Endurance and Power - Session 2	604-527-5472	7	<a href="http://www.douglas.bc.ca/ce/sport">www.douglas.bc.ca/ce/sport</a>
<b>Douglas College</b>	Online Part 1 - Pre and Post Natal Theory	604-527-5472	8	<a href="http://www.douglas.bc.ca/ce/sport">www.douglas.bc.ca/ce/sport</a>
<b>Douglas College</b>	Online Nutrition Knowledge Course	604-527-5472	21	<a href="http://www.douglas.bc.ca/ce/sport">www.douglas.bc.ca/ce/sport</a>
<b>Douglas College</b>	Online Techniques in Fitness Assessment	604-527-5472	21	<a href="http://www.douglas.bc.ca/ce/sport">www.douglas.bc.ca/ce/sport</a>
<b>DSW Fitness</b>	Vary - 50+ approved workshops	1-800-465-7301	Vary	<a href="http://www.humankinetics.com/bcrpa">www.humankinetics.com/bcrpa</a>
<b>Emmie Li</b>	Pilates Essence - The Pelvis	604-862-0999	3	<a href="http://bit.ly/2imkHVA">http://bit.ly/2imkHVA</a>
<b>Emmie Li</b>	Top Teaching Techniques	604-862-0999	4	<a href="http://wp.me/P3SZ7C-aj">http://wp.me/P3SZ7C-aj</a>
<b>Everyday Athletes Inc.</b>	As a Matter of Back: Text Neck	604-786-3089	2	<a href="http://www.everydayathletes.ca">www.everydayathletes.ca</a>
<b>Everyday Athletes Inc.</b>	SWOT the Business of Bootcamp	604-786-3089	2	<a href="http://www.everydayathletes.ca">www.everydayathletes.ca</a>
<b>Exercises for Injuries</b>	Fix My Back Pain	604-532-5248	3.5	<a href="http://www.ExercisesForInjuries.com">www.ExercisesForInjuries.com</a>
<b>Family Passages / Sue Dumais</b>	Fitness Fertility Specialist Certification	604-312-8203	4	<a href="http://www.familypassages.ca">www.familypassages.ca</a>
<b>Fiore Health</b>	Clinical Applications for Therapeutic Diets	604-837-5031	6	<a href="https://fiorehealthacademy.thinkific.com/courses/Therapeutic-Diets">https://fiorehealthacademy.thinkific.com/courses/Therapeutic-Diets</a>
<b>Fiore Health</b>	The Female Difference: Nutrition and Training Principles for Women	604-837-5031	8.5	<a href="https://fiorehealthacademy.thinkific.com/courses/TheFemaleDifference">https://fiorehealthacademy.thinkific.com/courses/TheFemaleDifference</a>
<b>Fit4Two</b>	Fit4Two has 16 Approved Workshops	604-719-7981	2, 6 or 16	<a href="http://www.fit4two.ca">www.fit4two.ca</a>

<b>Fitness Education Online</b>	4 Steps to a Successful Bootcamp Level 1	61412758031	11	<a href="https://www.fitnesseducationonline.com.au">https://www.fitnesseducationonline.com.au</a>
<b>Fitness Education Online</b>	4 Steps to a Successful Bootcamp Level 2	61412758031	11	<a href="https://www.fitnesseducationonline.com.au">https://www.fitnesseducationonline.com.au</a>
<b>Fitness Marketing</b>	Barre Above	780-496-7410	8	<a href="http://www.FMGonline.ca">www.FMGonline.ca</a>
<b>Fix My Back Pain</b>	Exercises for Injuries	604-532-5248	3.5	<a href="http://www.ExercisesForInjuries.com">www.ExercisesForInjuries.com</a>
<b>Fix My Back Pain</b>	Exercises for Injuries	604-532-5248	3.5	<a href="http://www.ExercisesForInjuries.com">www.ExercisesForInjuries.com</a>
<b>FMT Movement Specialist &amp; FMT Movement Specialist Advanced</b>	Functional Movement Training (FMT)	760-494-9340	12	<a href="https://www.rocktape.com/medical/education/fmt-movement-specialist/">https://www.rocktape.com/medical/education/fmt-movement-specialist/</a>
<b>GMP Fitness</b>	GMP Fitness has 10+ Approved Workshops	888-467-3488	Vary	<a href="http://www.gmpfitness.com">www.gmpfitness.com</a> Use Discount Code GMPBC25 for 25% of all GMP Fitness Courses
<b>Go Train Industry Pty Ltd.</b>	Menofitness	61 3 544 33390	5.5	<a href="http://www.menofitness.net">www.menofitness.net</a>
<b>Harmony Fit</b>	Harmony Fitness has 10+ Approved Workshops	604-836-4686	Vary	<a href="http://www.harmonyfit.ca">http://www.harmonyfit.ca</a>
<b>Human Kinetics</b>	Human Kinetics has 30+ Approved Workshops	1-800-456-7301	Vary	<a href="https://canada.humankinetics.com/collections/courses">https://canada.humankinetics.com/collections/courses</a> New courses: • High-Performance Nutrition for Master Athletes with CE Exam (10 CECs) • Professional's Guide to Small Group Personal Training, A with CE Exam (9 CECs)
<b>INFOFIT Educators</b>	Apprenticeship Training 1 Program	604.683.0785	28	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>INFOFIT Educators</b>	Apprenticeship Training 2 Program	604.683.0785	37	<a href="http://www.infofit.ca">www.infofit.ca</a>
<b>INFOFIT Educators</b>	INFOFIT has 30+ Approved Workshops	604-683-0785	Vary	<a href="https://www.infofit.ca/course/bcrpa-approved-cec-listings/">https://www.infofit.ca/course/bcrpa-approved-cec-listings/</a>
<b>inhometrainer Ltd</b>	The IN Home Trainer's Instructor Workshop	905-872-4637	4	<a href="http://www.inhometrainer.ca/personal-trainer-courses.html">www.inhometrainer.ca/personal-trainer-courses.html</a>
<b>Inshape Training</b>	"Back" in Action	604-879-5500	2	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Inshape Training</b>	BMI - History. Purpose. Fall-out	604-879-5500	2	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Inshape Training</b>	Fitness Theory Prep Workshop	604-879-5500	2	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Inshape Training</b>	Health Anxiety	604-879-5500	2	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>

<b>Inshape Training</b>	History of Dieting: An Anthology of Racist & Classist Influences on the Body	604-879-5500	2	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Inshape Training</b>	Perspectives From a Large Body Client - An Anthology of Experiences	604-879-5500	2	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Inshape Training</b>	Sugar Addiction - Myth or Reality?	604-879-5500	2	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Inshape Training</b>	Beyond the Core - Rethinking Abdominal Training	604-879-5500	3	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Inshape Training</b>	Beyond the Core - Rethinking Abdominal Training	604-879-5500	3	<a href="http://inshapetraining.net/content/vancouver-fitness-certification-workshops">http://inshapetraining.net/content/vancouver-fitness-certification-workshops</a>
<b>Isabel Arias Santos</b>	DanceSoQi Level 1	250-885-8771	15	<a href="http://isabelfitness.com">isabelfitness.com</a> or <a href="http://www.bodyblueprint.com">www.bodyblueprint.com</a>
<b>Isabel Arias Santos</b>	DanceSoQi Level 2	250-885-8771	15	<a href="http://isabelfitness.com">isabelfitness.com</a> or <a href="http://www.bodyblueprint.com">www.bodyblueprint.com</a>
<b>Isabel Arias Santos</b>	SoQi	250-885-8771	15	<a href="http://isabelfitness.com">isabelfitness.com</a> or <a href="http://www.bodyblueprint.com">www.bodyblueprint.com</a>
<b>Jaimee Stokes</b>	16 CEC Bundle Package!	604-377-2660	16	<a href="http://www.jaimeestokes.com">www.jaimeestokes.com</a>
<b>Jaine Priest</b>	Cancer and Exercise Online Training	604-257-3056	5	N/A
<b>Jamie Stokes</b>	Jamie Stokes offers 16 Approved Workshops	604-377-2660	1 to 2	<a href="http://www.jaimeestokes.com">www.jaimeestokes.com</a>
<b>Kim Bond</b>	The Science of Fitness Assessing Article - Correspondence	604-582-7377	1	<a href="http://www.everydayathletes.ca">www.everydayathletes.ca</a>
<b>Kim Bond</b>	Posture Perfect Article - Correspondence	604-582-7377	2	<a href="http://www.everydayathletes.ca">www.everydayathletes.ca</a>
<b>Kinesiologists.ca</b>	The NeXT Level - Protein - How Much is too Much	778-574-1190	2.5	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Kinesiologists.ca</b>	The NeXT Level - Neck Core Stabilization	778-574-1190	3	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Kinesiologists.ca</b>	The NeXT Level: Functional Anatomy of the Hip	778-574-1190	3	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Kinesiologists.ca</b>	The NeXT Level - Functional Anatomy of the Shoulder	778-574-1190	4	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Kinesiologists.ca</b>	The NeXT Level - Kinesiology of Resistance Training	778-574-1190	4	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Kinesiologists.ca</b>	The NeXT Level - Part 1: Sugars & Sweeteners	778-574-1190	4	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Kinesiologists.ca</b>	The Next Level- Sugar & Sweetener Nutrition	604-736-9858	4	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Kinesiologists.ca</b>	The NeXT Level - Resistance Training Program Design	778-574-1190	6	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Kinesiologists.ca</b>	The Next Level - Personal Training 2.0- Anthropometric Measurement Techniques Workshop	604-736-9858	8	<a href="http://www.kinesiologists.ca">www.kinesiologists.ca</a>
<b>Lela Dawson</b>	Pilates Fitness Tutorial	604.318.3326	5	<a href="http://www.leladpilates.com">www.leladpilates.com</a>
<b>Lela Dawson</b>	Pilates Mat Work Tutorial Workshop			

<b>Melanie Galloway</b>	Power Training for Older Adults	604 732-9295	2	www.growingstrong.ca
<b>Melanie Galloway</b>	Fragile Frames	604.732.9295	3	www.growingstrong.ca
<b>Melanie Galloway</b>	Movement Challenges in Older Adult	604 732-9295	4	www.growingstrong.ca
<b>Mini Band Workshop</b>	Success Fitness	250.886.2490	3	www.successfitness.ca
<b>Pelviene Wellness Inc.</b>	Core Confidence Specialist Course	604-910-3065	14	https://www.vaginacoach.com
<b>Pelviene Wellness Inc.</b>	Pre/Postnatal Fitness Specialist Certification	604-910-3065	20	https://www.vaginacoach.com
<b>Pfilates</b>	Rhona Parsons	250-308-8617	2	www.rhonaparsons.com
<b>Physical Expressions</b>	Intro to Aquatic Fitness Training	604.785.8776	2	www.phys-x.ca
<b>Physical Expressions</b>	Stretching 101	604.785.8776	2	www.phys-x.ca
<b>Physical Expressions</b>	Anatomy Review	604-785-8776	5	www.phys-x.ca
<b>PL3Y Inc.</b>	DANCEPL3Y Kids Instructor Training (Online)	604-704-1031	16	www.pl3yinc.com
<b>PL3Y Inc.</b>	DANCEPL3Y Preschool Instructor Training (Online)	604-704-1031	16	www.pl3yinc.com
<b>Rhona Parsons</b>	Balance Yoga with the Chair	250-308-8616	5	www.rhonaparsons.com
<b>Sandra Starett</b>	Intro to Aquatic Fitness Training	604.785.8776	2	www.phys-x.ca
<b>Success Fitness</b>	Foam Roller Workshop	250 886 2490	2	www.successfitness.ca
<b>Success Fitness</b>	Goals are Essential	250 886 2490	2	www.successfitness.ca
<b>Success Fitness</b>	Mini Band Workshop	250 886 2490	3	www.successfitness.ca
<b>Success Fitness</b>	Pre and Postnatal Online Workshop	250 886 2490	3	www.successfitness.ca
<b>Success Fitness</b>	Training the Obese or Overweight Client	250 886 2490	3	www.successfitness.ca
<b>Success Fitness</b>	Bodyweight Training using the TRX and BOSU	250 886 2490	4	www.successfitness.ca
<b>Success Fitness</b>	Personal Trainer Business Roadmap to Success	250 886 2490	4	www.successfitness.ca
<b>SureFeet</b>	Fundamental Assessment Procedures for Seniors Fitness Programs	604-417-6440	2.15	surefeet.ca
<b>SureFeet</b>	Effective Seniors Balance and Mobility Training Program (ESBMT)	604-417-6441	2.25	surefeet.ca
<b>SureFeet</b>	Effective Seniors Balance and Mobility Training Program (ESBMT): Skill Progressions Workshop	604-417-6441	6.5	surefeet.ca
<b>Tammy Petersen</b>	Exercise Management of Chronic Diseases and Disabilities for All Ages	800-957-7348	20	www.aahf.info
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Eight	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Five	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Four	1-866-433-1595	20	www.coryholly.com

<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Nine	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module One	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Seven	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Six	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Ten	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Three	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program - Module Two	1-866-433-1595	20	www.coryholly.com
<b>The Cory Holly Institute</b>	Certified Sports Nutrition Advisor (CSNA) Education Program	1-866-433-1595	200	www.coryholly.com
<b>The Personal Training Collective</b>	The Personal Collective offers 10+ Workshops	778-822-6224	Vary	<a href="https://academy.theptcollective.com/">https://academy.theptcollective.com/</a>
<b>Think Yourself® Academy</b>	THINK Yourself® A TECH PRO – THE BASICS	778-899-0260	1	www.thinkyourself.com/online
<b>Think Yourself® Academy</b>	Think Yourself Virtual Fitness Pro	778-899-0260	2	www.thinkyourself.com/online
<b>Think Yourself® Academy</b>	THINK Yourself® A TECH PRO – PART ONE	778-899-0260	2	www.thinkyourself.com/online
<b>Think Yourself® Academy</b>	THINK Yourself® CONFIDENT	778-899-0260	2.5	www.thinkyourself.com/online
<b>Think Yourself® Academy</b>	THINK Yourself® A BUSINESS PRO	778-899-0260	3	www.thinkyourself.com/online
<b>Think Yourself® Academy</b>	THINK Yourself® SUCCESSFUL	778-899-0260	3	www.thinkyourself.com/online
<b>Think Yourself® Academy</b>	THINK Yourself® HEALTHY	778-899-0260	4	www.thinkyourself.com/online
<b>Think Yourself® Academy</b>	THINK Yourself® A RELATIONSHIPS PRO	778-899-0260	5.5	www.thinkyourself.com/online
<b>Think Yourself® Academy</b>	THINK Yourself® A COACH	778-899-0260	6.5	www.thinkyourself.com/online
<b>Twist Conditioning</b>	Twist Condition pffer 10+ approved workshops	604-904-6556	Vary	<a href="http://twistconditioning.ideafit.com">http://twistconditioning.ideafit.com</a>
<b>Urban Poling</b>	Urban Poling Instructor Certification Workshop	604-990-7711	4.5	www.urbanpoling.com
<b>WaterART Fitness</b>	WaterART offers 10+ Approved Workshops	416-621-0821	Vary	<a href="https://www.waterart.org/cec-workshop/">https://www.waterart.org/cec-workshop/</a>