

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**.

BCRPA

Aaron Tews

Accelerated Online Learning

Alive Academy

American Academy of Health and Fitness

Body Blueprint Fitness

Brenda Adams

C.H.E.K. Institute

Catherine D'Aoust or GAIA adventures

Debbie Cheong (Osteofit)

Douglas College

DSW Fitness

Emmie Li

Everyday Athletes Inc.

Exercises for Injuries

Family Passages / Sue Dumais

Fit 4 Two

Fix My Back Pain

GMP Fitness

Go Train Industry Pty Ltd.

Harmony Fit

HIGH FIVE®

INFOFIT Educators

inhometrainer Ltd

Jaine Priest

Kim Bond

Kinesiologists.ca

On The Edge Fitness Educators

Personal Training on the Net

Physical Expressions

Rick Kaselj / Exerciseforinjuries.com

Rick Kaselj / Healing Through Movement

Success Fitness

Tammy Petersen

The Cory Holly Institute

Twist Conditioning Inc.

Urban Poling

WaterART Fitness

WaterWays Fitness

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 - 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

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Aaron Tews	The NeXT Level: Functional Anatomy of the Hip	778-574-1190	3	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Resistance Training Program Design	778-574-1190	6	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Neck Stability	778-574-1190	3	www.kinesiologists.ca
Aaron Tews	The NeXT Level - Kinesiology of Resistance Training	778-574-1190	4	www.kinesiologists.ca
Accelerated Online Learning	Ultimate Guide to Screening and Rehabilitation of Lower Extremity Injuries	888-738-8147	11	www.sesonlinece.com/bcrpa
Accelerated Online Learning	Ultimate Guide to Human Gross Anatomy	888-738-8147	10	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.aahf.info/
American Academy of Health and Fitness	Back Stability: Integrating Science and Therapy	1-800-957-7348	20	www.AAHF.info

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American Academy of Health and Fitness	Cancer and the Older Adult: The Personal Trainer's Resource	1-800-957-7348	10	www.AAHF.info
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

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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
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	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	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
Body Blueprint	Powerlifting	250-744-5633	6	www.bodyblueprint.com
Body Blueprint	Improving Squat Technique	778-433-8884	1	www.bodyblueprint.com
Brenda Adams	10 Exercise Prescription Strategies for Fitness Therapy.	778-822-6224	1.5	https://academy.theptcollective.com/
Brenda Adams	10 Tips for Training Hard Gainers	778-822-6224	1	https://academy.theptcollective.com/
Brenda Adams	Balancing Work and Personal Time	778-822-6224	1	https://academy.theptcollective.com/
Brenda Adams	Calories: The Good, The Bad and The Ugly	778-822-6224	1.5	http://courses.brenda-adams.com
Brenda Adams	Life Coaching Skills to Inspire your Clients	778-822-6224	1.5	http://courses.brenda-adams.com
Brenda Adams	Life Coaching Skills to Inspire your Clients	778-822-6224	1.5	https://academy.theptcollective.com/
Brenda Adams	Movement Analysis Made Easy	778-822-6224	1.5	https://academy.theptcollective.com/
Brenda Adams	Re-Ignite Your Passion for Teaching	778-822-6224	1.75	www.brenda-adams.com/fitness-workshops

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Brenda Adams	Resistance Training Exercise Selection: Considerations for Optimal Adaptation	778-822-6224	1.5	https://academy.theptcollective.com/
Brenda Adams	S.M.A.R.T. Goal Setting isn't so smart after all	778-822-6224	1	https://academy.theptcollective.com/
Brenda Adams	Sugar Metabolism	778-822-6224	1.5	https://academy.theptcollective.com/
Brenda Adams	The Physiology of Inactivity	778-822-6224	1	https://academy.theptcollective.com/
Brenda Adams	The "Knee"d for Comprehensive Hip Conditioning	778-822-6224	1	https://academy.theptcollective.com/
Brenda Adams	The Physiology of Inactivity	778-822-6224	1	https://academy.theptcollective.com/
Brenda Adams	Top 3 Mistakes Trainers Make with Plyometrics	778-822-6224	1	https://academy.theptcollective.com/
Brenda Adams	Using Life Coaching Skills to Inspire Your Clients to Success	778-822-6224	2	www.brenda-adams.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

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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
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

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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
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

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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
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	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	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
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

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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	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 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

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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
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

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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
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

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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	Motivating People to be Physically Active	1-800-873-6759	16	www.humankinetics.com/bcrpa
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

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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	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	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 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	Postural Correction	1-800-873-6759	5	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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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	Strength Ball Training	1-800-873-6759	8	www.humankinetics.com/bcrpa
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	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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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
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

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DSW Fitness	Sport Therapy for the Shoulder	1-800-873-6759	7.5	www.humankinetics.com/bcrpa
DSW Fitness	Stretch to Win	1-800-873-6759	6	www.humankinetics.com/bcrpa
DSW Fitness	Monitoring Training and Performance in Athletes	1-800-873-6759	12	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® Suspension Training	1-800-873-6759	7	www.humankinetics.com/bcrpa
DSW Fitness	Practical Nutrition	1-800-465-7301	10	www.humankinetics.com
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
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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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
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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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	845-369-9022	6	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Back Injury Prevention Training	845-369-9022	9	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Balance Performance Training	845-369-9022	25	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Balance Progressions Training	845-369-9022	6	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Carpal Tunnel Syndrome Care and Exercise Strategies Training	845-369-9022	5	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Core Training	845-369-9022	6	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Core Athletic Performance Training	845-369-9022	25	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Cycling Injury Prevention Training		8	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Enzyme Nutrition and Wellness	845-369-9022	23	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Exercise Development Training		12	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Fibromyalgia Care and Exercise Strategies Training	845-369-9022	10	http://store.gmpfitness.com/ecomm2/pc/home.asp

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
GMP Fitness	Fibromyalgia Exercise Training	845-369-9022	18	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Fitness and Wellness BluePrint: Creating a Profit Centre	845-369-9022	30	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Flexibility Performance Training	845-369-9022	25	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Flexibility Training		4	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Flexibility Training	845-369-9022	5	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Generate Profitable Chiropractic Referrals	845-369-9022	4	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Golf Conditioning Training	845-369-9022	16	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Golf Fitness and Swing Performance Training	845-369-9022	25	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Golf Wellness Performance Training	845-369-9022	25	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Golf Wellness Training	845-369-9022	5	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Homeopathy and Sports Wellness	845-369-9022	12	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Knee Injury Prevention Training	845-369-9022	9	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Longevity Wellness Training		17	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Lower Body Ball Training	845-369-9022	6	http://store.gmpfitness.com/ecom2/pc/home.asp
GMP Fitness	Muscular Performance Self- Therapy Training	845-369-9022	23	http://store.gmpfitness.com/ecom2/pc/home.asp

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
GMP Fitness	Muscular Therapy for Trainers	845-369-9022	10	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Posture Analysis Training		6	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Posture Analysis Training	845-369-9022	6	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Posture Performance Training	845-369-9022	25	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Running Injury Prevention Training	845-369-9022	8	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Soccer Conditioning Performance Training	845-369-9022	55	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Soccer Fitness and Injury Performance Training	845-369-9022	60	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Speed and Agility Athletic Performance Training	845-369-9022	25	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Triathlon Fitness Performance Training	845-369-9022	25	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Triathlon Injury Prevention Training	845-369-9022	8	http://store.gmpfitness.com/ecomm2/pc/home.asp
GMP Fitness	Youth Soccer Fitness Performance Training	845-369-9022	55	http://store.gmpfitness.com/ecomm2/pc/home.asp
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 Nutrition	604 836 4686	16	www.HarmonyFit.ca

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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
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	Studio Cycle Series	604-836-4686	3	http://www.harmonyfit.ca
Harmony Fit	Youth Fit	604-836-4686	5	http://www.harmonyfit.ca
Harmony Fit	Yoga Anatomy	604-836-4686	8	www.harmonyfit.ca
Harmony Fit	Time Management	604-836-4686	8	www.harmonyfit.ca
Harmony Fit	Simple Pool Workouts	604-836-4786	3	www.harmonyfit.ca
Harmony Fit	Essential Core	604-836-4686	8	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	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	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	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	Grow Your PT Business	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	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
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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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	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	Myths & Mysteries of Fitness	604-683-0785	1	www.infofit.ca
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	Pre & Postnatal Fitness Specialist	604-683-0785	16	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	Rest and Recovery	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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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
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
INFOFIT Educators	Strength Training for Vegans/Vegetarians	604-683-0785	1	www.infofit.ca

BCRPA Pre-approved Distance Education Workshops

ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
INFOFIT Educators	Helping Those with Eating Disorders	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Fitness Myths and Mysteries	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Functional Meditation	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Eating Smart	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Legal Lessons for your Business	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Functional Facts and Fallacies	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Raw Cacao	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Balancing Your Hormones through Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	APO E Gene Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Myofascial Release	604-683-0785	1	www.infofit.ca
INFOFIT Educators	How to Get that Job	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Raw Food Diet	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Pre- and Post- Workout	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Nutrition for Each Stage of Life	604-683-0785	1	www.infofit.ca
INFOFIT Educators	Periodization	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

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Kinesiologists.ca	The Next Level - Personal Training 2.0-Anthropometric Measurement Techniques Workshop	604-736-9858	8	www.kinesiologists.ca
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

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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
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
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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
Rick Kaselj / ExerciseForInjuries.com	Muscle Imbalances Revealed – Assessment & Exercise	604-532-5248	6	www.ExerciseForInjuries.com
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

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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
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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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
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
Twist Conditioning	Sport Strength Advanced Concepts	604-904-6556	10	http://twistconditioning.idealife.com
Twist Conditioning	Sport Strength Chest and Back	604-904-6556	6	http://twistconditioning.idealife.com
Twist Conditioning	Sport Strength Essentials	604-904-6556	10	http://twistconditioning.idealife.com

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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
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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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 Instrutor 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
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

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ORGANIZATION	WORKSHOP TITLE	TELEPHONE #	CREDIT VALUE	WEBSITE
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
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

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WaterWays Fitness Head Office	Water Running "Just a Minute" Class		1.5	www.waterwaysfitness.com