



Personal Trainer Apex

Dec 10 SCW Virtual



SCW Personal Trainer Apex December 10, 2022 CEC Form

*Please print this form, circle applicable sessions, and save for your records. You do not need to send this form to SCW Fitness since there is no charge for your participation.

**If you renew an SCW Certification, you also do not need to send this form to SCW Fitness.

Please renew your SCW Certification by going to the following website: www.scwfit.com/certification-renewal

***To renew your SCW Certification, you need 20 Continuing Education Credits every 2 years: www.scwfit.com/certifications-faq

Total Conference CECs (All Access)

SCW = 15
ACE = 0.6
ACSM = 6.0
AEA = 6.0
AFAA = 15
NASM = 1.5

Total Conference CECs (Live Only)

SCW = 6.0
ACE = 0.6
ACSM = 6.0
AEA = 6.0
AFAA = 6.0
NASM = 0.6

SATURDAY, December 10, 2022

Session	Provider	SCW	ACE	ACSM	AEA	AFAA	NASM
SA1: 8:00am - 9:15am CT							
SA1A: LEVEL UP YOUR STRENGTH CLASSES! Gail Bannister-Munn		1.0	0.1	1.0	1.0	1.0	0.1
SA1B: FUNCTIONAL TRAINING FOR ACTIVE AGERS Ann Gilbert		1.0	0.1	1.0	1.0	1.0	0.1
SA1C: NEW CLIENT RETENTION Sheldon McBee, MS		0.1	0.1	1.0	1.0	1.0	0.1
SA1D: POSTURE & ALIGNMENT Patrick Mummy		1.0	0.1	1.0	1.0	1.0	0.1
SA1E: THE EXERCISE LAYERING STRATEGY Jeff Howard		1.0	0.1	1.0	1.0	1.0	0.1
SA2: 9:30am - 10:45am CT							
SA2A: SHOULDERS SHOULDN'T HURT Ronnie Fulton		1.0	0.1	1.0	1.0	1.0	0.1
SA2B: 20 MENOPAUSE FITNESS STUDIES FOR FITNESS PROS Delia Johnson, MS, CSCS		0.1	0.1	1.0	1.0	1.0	0.1
SA2C: PROFITABLE SMALL GROUP TRAINING FOR THE PERSONAL TRAINER Sheldon McBee, MS, Jeff Howard & Irene McCormick, MS, CSCS		NA	0.1	1.0	1.0	1.0	0.1
SA2D: TOP TIER CORE CONDITIONING Dane Robinson		1.0	0.1	1.0	1.0	1.0	0.1
SA2E: SEXY, SMART STRENGTH FOR WOMEN Irene McCormick, MS, CSCS		1.0	0.1	1.0	1.0	1.0	0.1
SA3: 11:00am - 12:15pm CT							
SA3A: USE OF MANUAL RESISTANCE WITH BANDS Paul Christopher		1.0	0.1	1.0	1.0	1.0	0.1
SA3B: VIRTUAL WORKOUTS FOR PROFITABILITY Paul Christopher, MS, CSCS		1.0	0.1	1.0	1.0	1.0	0.1
SA3C: HANDS ON STRETCHING Gail Bannister-Munn		1.0	0.1	1.0	1.0	1.0	0.1
SA3D: MUSCLE CARE FOR HAPPY HIPS AND HEALTHY BACKS Keli Roberts		1.0	0.1	1.0	1.0	1.0	0.1
SA3E: SWITCH OF THE WRIST Jeff Howard		1.0	0.1	1.0	1.0	1.0	0.1
SA4: 12:45pm - 2:00pm CT							
SA4A: EVERYDAY ACTIVE AGING Keli Roberts		1.0	0.1	1.0	1.0	1.0	0.1
SA4B: BRAIN TRAINING FOR FITNESS PROFESSIONALS Dr. Emily Splichal, MS		1.0	0.1	1.0	1.0	1.0	0.1
SA4C: INCREASING REVENUE AS A PERSONAL TRAINER Sheldon McBee, MS, Jeff Howard, JD, Paul Christopher, Sheldon		1.0	NA	1.0	1.0	1.0	0.1
SA4D: THE ANATOMY OF A KNEE FOR MEN'S HEALTH Patrick Mummy, MS		1.0	0.1	1.0	1.0	1.0	0.1
SA4E: STRENGTHENING THE CORE FOR MEN'S HEALTH Patrick Mummy		1.0	0.1	1.0	1.0	1.0	0.1
SA5: 2:15pm - 3:30pm CT							
SA5A: FIT BY NUMBERS Andrew Gavigan		1.0	0.1	1.0	1.0	1.0	0.1
SA5B: ASSESSMENTS FOR THE ELDERLY Keli Roberts		1.0	0.1	1.0	1.0	1.0	0.1
SA5C: BULLETPROOF YOUR CLIENTS Emily Splichal, DPM, MS		1.0	0.1	1.0	1.0	1.0	0.1
SA5D: COACHING CORE STABILITY Sheldon McBee, MS		1.0	0.1	1.0	1.0	1.0	0.1
SA5E: PHYSICS OF PAIN & PERFORMANCE Patrick Mummy		1.0	0.1	1.0	1.0	1.0	0.1



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SA6: 3:45pm - 5:00pm CT					
SA6A: E.M.H: TRAINING Andrew Gavigan	1.0	0.1	1.0		0.1
SA6B: BUILD BETTER AGING BODY BALANCE Keli Roberts	1.0	0.1	1.0		0.1
SA6C: ATTENTION TO RETENTION Dane Robinson	1.0	0.1	1.0	1.0	0.1
SA6D: ACTIVE RECOVERY FOR BETTER RESULTS Ronnie Fulton	1.0	0.1	1.0	1.0	0.1
SA6E: GET A HEAD START ON AGING Ann Gilbert	1.0	0.1	1.0	1.0	0.1
TOTALS					

If you require any assistance securing CECs/CEUs from other organizations, please reach out to certs@scwfit.com. We are here to help!

First Name: _____

Last Name: _____

Email Address: _____

