



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-faqs

Total Conference CECs (based upon attendance at all Conference Sessions)

SCW = 7.5

ACE = 0.75

ACSM = 7.5

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		1.25	1.25	1.0	1.0	0.1	
SA1B: FUNCTIONAL TRAINING FOR ACTIVE AGERS Ann Gilbert		1.25	1.25	1.0	1.0	0.1	
SA1C: NEW CLIENT RETENTION Sheldon McBee, MS		0.125	1.25	1.0	1.0	0.1	
SA1D: POSTURE & ALIGNMENT Patrick Mummy		1.25	0.125	1.25	1.0	1.0	0.1
SA1E: THE EXERCISE LAYERING STRATEGY Jeff Howard		1.25	0.125	1.25	1.0	1.0	0.1
SA2: 9:30am - 10:45am CT							
SA2A: SHOULDERS SHOULDN'T HURT Ronnie Fulton		1.25	0.125	1.25	1.0	1.0	0.1
SA2B: 20 MENOPAUSE FITNESS STUDIES FOR FITNESS PROS Delia Johnson, MS, CSCS		0.125	1.25	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	1.25	1.0	1.0	0.1	
SA2D: TOP TIER CORE CONDITIONING Dane Robinson		1.25	0.125	1.25	1.0	1.0	0.1
SA2E: SEXY, SMART STRENGTH FOR WOMEN Irene McCormick, MS, CSCS		1.25	0.125	1.25	1.0	1.0	0.1
SA3: 11:00am - 12:15pm CT							
SA3A: USE OF MANUAL RESISTANCE WITH BANDS Paul Christopher		1.25	0.125	1.25	1.0	1.0	0.1
SA3B: VIRTUAL WORKOUTS FOR PROFITABILITY Dr. Emily Splichal, MS, CSCS		1.25	0.125	1.25	1.0	1.0	0.1
SA3C: HANDS ON STRETCHING Gail Bannister-Munn		1.25	0.125	1.25	1.0	1.0	0.1
SA3D: MUSCLE CARE FOR HAPPY HIPS AND HEALTHY BACKS Dr. Emily Splichal, MS, CSCS		1.25	0.125	1.25	1.0	1.0	0.1
SA3E: SWITCH OF THE WRIST Jeff Howard		1.25	0.125	1.25	1.0	1.0	0.1
SA4: 12:45pm - 2:00pm CT							
SA4A: EVERYDAY FITNESS FOR ACTIVE AGING Dr. Emily Splichal, MS, CSCS		1.25	0.125	1.25	1.0	1.0	0.1
SA4B: BRAIN BOOSTING FOR FITNESS PROS Dr. Emily Splichal, MS, CSCS		1.25	0.125	1.25	1.0	1.0	0.1
SA4C: INCREASING REVENUE AS A PERSONAL TRAINER Dr. Emily Splichal, MS, CSCS, Kooperman, JD, Paul Christopher, Sheldon McBee		1.25	NA	1.25	1.0	1.0	0.1
SA4D: TACKLE THE TIGHTENING OF THE CORE Irene McCormick, MS, CSCS		1.25	0.125	1.25	1.0	1.0	0.1
SA4E: STRENGTHENING THE CORE Patrick Mummy		1.25	0.125	1.25	1.0	1.0	0.1
SA4D: WORKING WITH THE FITNESS INDUSTRY Christine Conti, MEd		1.0	0.1	1.0	1.0	1.0	0.1
SA5: 2:15pm - 3:30pm CT							
SA5A: FIT BY NUMBERS Andie Gavigan		1.25	0.125	1.25	1.0	1.0	0.1
SA5B: ASSESSMENTS FOR THE PERSONAL TRAINER Keli Roberts		1.25	0.125	1.25	1.0	1.0	0.1
SA5C: BULLETPROOF YOUR FEET Dr. Emily Splichal, DPM, MS		1.25	0.125	1.25	1.0	1.0	0.1
SA5D: COACHING CORE STABILITY Sheldon McBee, MS		1.25	0.125	1.25	1.0	1.0	0.1
SA5E: PHYSICS OF PAIN & PERFORMANCE Patrick Mummy		1.25	0.125	1.25	1.0	1.0	0.1



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SA6 3:30pm-4:30pm CST					
SA6A: NUTRITION MATH - CALORIES, GRAMS AND SIZE, OH MY! Amber Toole	1.0	0.1	1.0	1.0	0.1
SA6B: INTERMITTENT FASTING - FACT OR FICTION Alex Bryce, MSE, CSCS	1.0	0.1	1.0	1.0	0.1
SA6C: MAXIMIZING PROTEIN INTAKE FOR COACHES AND TRAINERS Dr. Jonathan Mike, PhD, CSCS*D	1.0	0.1	1.0	1.0	
SA6D: CHILDHOOD & ADOLESCENT OBESITY: HEALTHY GUIDANCE Amanda Fearheiley, RDN, LD, CPT	1.0		1.0	1.0	1.0
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: _____