



SCW Personal Trainer Apex Conference January 23rd - January 24th, 2021 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 record of your participation.

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

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

ACE = 1.5

ACSM = 15

AEA = 7.5

AFAA = 12

NASM = 1.2

NFPT = 3.0

SCW = 15

SATURDAY, January 23, 2020

	ACE	ACSM	AEA	AFAA	NASM	NFPT	SCW
Provider Number	CEP201	NA	11086	10241	316	008	PTA121
SA1 8:00am-9:15am CST							
SA1A: Cardio Coach Movement Assessment with Sonja Friend-Uhl	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA1B: From Intimidation to Excitement: Training Active Agers with Ann Gilbert	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA1C: 5 Fundamentals of Elite Personal Trainers with Kevin Mullins	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA1D: Training By the Numbers with Andrew Gavigan	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA2 9:35am-10:50am CST							
SA2A: Conquering the Hybrid Model with Sheldon McBee	NA	1.25	1.5	1.0	0.1	0.25	1.25
SA2B: Let's FACE It Together™ Personal Trainers! with Christine Conti	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA2C: Virtual Crash Course with Dane Robinson	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SA2D: Female Training Model with Elizabeth Parsons	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SA3 11:10am-12:25pm CST							
SA3A: Bodyweight Warrior with Giovanni Roselli	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA3B: Crushing the Competition With Service with Hank F	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SA3C: Training Clients Over 50 with Andrea Metcalf	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA3D: Power Up! with Pete McCall	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA4 1:25pm-2:40pm CST							
SA4A: Smart Strength for the Ageless Female with Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA4B: Automation For Personal Trainers with Jessica Maurer	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SA4C: Don't Just Be A Trainer. Be A Coach with Diamond-Thomas	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SA4D: Coaching Core Stability with Sheldon McBee	NA	1.25	0.75	1.0	0.1	0.25	1.25
SA5 3:00pm-4:15pm CST							
SA5A: Maximize Your Session with Cluster Sets with William	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA5B: Demystifying Results with Michele	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SA5C: Power Plyometric Performance with Peter Twist	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA5D: BATTLEBELL HIIT SUPREME with Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA6 4:30pm-5:50pm CST							
SA6A: Business Assessment for Personal Trainers with Dan Ritchie	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA6B: Business Assessment for Personal Trainers with Dan Ritchie	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA6C: Bodyweight Bootcamp: Principles and Core Strategies with Paul Christopher	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA6D: Coaching Not Training: Mastering the Art of Coaching with Fabio Comana	0.125	1.25	0.75	1.0	0.1	0.25	1.25



SUNDAY, January 24, 2020

	ACE	ACSM	AEA	AFAA	NASM	NFPT	SCW
Provider Number	CEP207848	NA	11086	10241	316	511008	PTA121
SU1 8:00am-9:15am CST							
SU1A: Getting to the Core: Core Training Methods with Kevin Mullins	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU1B: Balance & Stability for Active Agers with Ann Gilbert	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU1C: Small Group Training Success with Dane Robinson	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SU1D: Corrective Exercise: Female Core with Evan Osar	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU2 9:35am-10:50am CST							
SU2A: New Client Retention with Sheldon McBee	NA	1.25	1.5	1.0	0.1	0.25	1.25
SU2B: The Mother Hood with Jessica Maurer	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU2C: Welcome to the Jungle (Gym) with Sonja Friend-Uhl	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU2D: Training the Active Aging Female Client with Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU3 11:10am-12:25pm CST							
SU3A: Blast Your Glutes with Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU3B: Creating the PT Spa Experience with Manuel Velazquez	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU3C: Let's FACE It Together™ Special Populations with Christine Conti	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU3D: Functional Fixes for Dysfunctional Feet with Evan Osar	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SA4 1:25pm-2:40pm CST							
SU4A: Personal Training - The Female Core with Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU4B: How to Be Fluent in Exercise Language with Paul Christopher	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU4C: Transform Social Media Fans Into Paying Clients with Nathalie Plamondon-Thomson	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SU4D: Overcoming Plateaus with Melissa Layne	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU5 3:00pm-4:15pm CST							
SU5A: Making Cardio Fun with Maurice Williams	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU5B: Virtual Training for Personal Trainers Panel with Kooperman, Robinson, & Stevenson	0.125	1.25	1.5	1.0	0.1	0.25	1.25
SU5C: Creative Compounds with Ann Gilbert	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU5D: Total Body Core Training with Evan Osar	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU6 4:35pm-5:50pm CST							
SU6A: Let's Get Unconventional with Giovanni Mili	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU6B: Butts & Biceps with Nathalie Plamondon-Thomson	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU6C: Small Group Training Profits & Programs with Dane Robinson	0.125	1.25	0.75	1.0	0.1	0.25	1.25
SU6D: Lower Extremity Movement Mechanics with Keli Roberts	0.125	1.25	0.75	1.0	0.1	0.25	1.25

First Name: _____

Last Name: _____

Email Address: _____



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FRIDAY, January 23, 2020

Certification	Presenter	ACE		ACSM		AEA		AFAA		NASM		NFPT	SCW		
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	#	CECs	Pro	
SCW Active Aging Certification	Gilbert	0.7		8.0		4.0		7.0		0.7				8.0	
SCW Career Crash Course Certification	Robinson		Pending	5.0			Pending		Pending		Pending	1		5	
SCW Nutrition Coaching for Fitness Professionals Certification	Silverman	0.7		7.0		7.0		7.0		0.7		1.4			
SCW Personal Training Certification	McCormick	NA		8.0		4.0		NA				1.6		8.0	
SCW Social Media Certification	Maurer		Pending	7.0			Pending		Pending		Pending	1.4		7.0	
Cardio Coach by Star Trac	Friend-Uhl		Pending	4.0		NA								4.0	

SAMPLE