

YMCA FIT Recertification — Continuing Education Program — Credit Equivalency

Fitness Instructor Training (FIT) program recertification:

Sixteen hours every two years

A minimum of six hours must be taken with the YMCAs of Québec

One hour = one YMCAs of Québec credit

The content of the continuing education program contributes to further developing the knowledge, skills, and abilities of private trainers and group course instructors. The YMCAs of Québec recognize the numerous specialties that exist in the fitness field. Below you will find a list of the most common continuing education topics. If you took a course that does not appear in the list below and you think it is relevant for your training, please contact us to confirm.

Field	Details
1- Private training	<ul style="list-style-type: none">a. Strength trainingb. Cardiovascular trainingc. Functional trainingd. Program designe. Training for athletesf. Weightliftingg. Client consultationh. Coaching
2- Group courses (toning, HIIT, circuit training, etc.)	<ul style="list-style-type: none">a. Aquafitb. Martial artsc. Dance
3- Wellness	<ul style="list-style-type: none">a. Body and spirit (yoga, Pilates, etc.)b. Nutritionc. Weight managementd. Stress managemente. Sleepf. Inclusiong. Corporate fitness programs
4- Physical abilities (medical fitness) and special populations	<ul style="list-style-type: none">a. Corrective exerciseb. Exercise and chronic illnessesc. Exercise as medicined. Active aginge. Prenatal and postnatalf. Kids and teens
5- Business and leadership	<ul style="list-style-type: none">a. Technologyb. Marketing
6- Other	<ul style="list-style-type: none">a. Anatomyb. Physiologyc. Kinesiology

Credit Categories	Details	Credit Equivalency Over a 2-year period
A: YMCA		
Workshops	All YMCA workshops in Canada	1 credit for every workshop hour for a MINIMUM OF 6 CREDITS over a 2-year period
FIT	FIT training In addition to a FULL basic certification	6 credits (ONLY ONE ADDITIONAL CERTIFICATION WILL BE RECOGNIZED) over a 2-year period
Hours of facilitation or teaching at the YMCA	FIT trainer, conference workshops	6 credits over a 2-year period
B: Teaching		
College (CEGEP), university	The content taught must be directly linked to physical activity or exercise.	6 credits over a 2-year period
C: Tests		
Publications (magazines)	ACE, CSEP, ACSM, NSCA, IDEA, canfitpro	1 credit per “self-evaluation” for a maximum of 2 tests. 2 credits over a 2-year period
D: Publications		
Articles or books, reviewed by specialists (PhDs).	Author or co-author of an article in a scientific journal (e.g., <i>PubMed</i> , <i>IDEA</i> , <i>Medicine & Science in Sports & Exercise</i> , etc.)	6 credits over a 2-year period
Business articles (journals), chapter in a book, or book	Magazines (on physical activity or exercise)	6 credits over a 2-year period
Master’s thesis PhD thesis	On physical activity or exercise	6 credits sur une période de 2 ans
E: Courses		
University or college (CEGEP) diploma	From a recognized college/CEGEP or university. Specific physical activity or exercise content.	6 credits over a 2-year period

F: Other certifications and professional training*		
Canada: canfitpro, Cardio Plein Air, corrective exercise, YogaFit, Ataraxia, Axis, and others		1 credit for every workshop hour for a MAXIMUM OF 6 CREDITS <u>over a 2-year period</u>
US: CHEK Institute, ACE, ACSM, NSCA, Physical Mind Institute, and others		
Other: CHUM, CSSS, universities, colleges, FKQ		
G: Online learning		
Distance learning	Continuing education on physical activity or exercise	1 hour = 1 credit 6 credits <u>over a 2-year period</u>
H: Lecturer		
Conferences	canfitpro and other recognized organizations	1 credit for every hour of teaching for a maximum of 6 hours. 6 credits <u>over a 2-year period</u>