

## 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"><li>a. Strength training</li><li>b. Cardiovascular training</li><li>c. Functional training</li><li>d. Program design</li><li>e. Training for athletes</li><li>f. Weightlifting</li><li>g. Client consultation</li><li>h. Coaching</li></ul>
2- Group courses (toning, HIIT, circuit training, etc.)	<ul style="list-style-type: none"><li>a. Aquafit</li><li>b. Martial arts</li><li>c. Dance</li></ul>
3- Wellness	<ul style="list-style-type: none"><li>a. Body and spirit (yoga, Pilates, etc.)</li><li>b. Nutrition</li><li>c. Weight management</li><li>d. Stress management</li><li>e. Sleep</li><li>f. Inclusion</li><li>g. Corporate fitness programs</li></ul>
4- Physical abilities (medical fitness) and special populations	<ul style="list-style-type: none"><li>a. Corrective exercise</li><li>b. Exercise and chronic illnesses</li><li>c. Exercise as medicine</li><li>d. Active aging</li><li>e. Prenatal and postnatal</li><li>f. Kids and teens</li></ul>
5- Business and leadership	<ul style="list-style-type: none"><li>a. Technology</li><li>b. Marketing</li></ul>
6- Other	<ul style="list-style-type: none"><li>a. Anatomy</li><li>b. Physiology</li><li>c. Kinesiology</li></ul>

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

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