

Qualifying Continuing Education Activities

You must provide proof of having completed a minimum number of continuing education units (CEUs); four [4] CEUs of general fitness instructor training, plus two [2] additional CEUs specific to exercise and skeletal health and/or fall/fracture prevention.

Continuing education is accessible through a variety of organizations and opportunities. Examples of professional development activities that can count toward recertification requirements include those listed below.

Participation in educational programs on topics relevant to the health and fitness field

***All six [6] required continuing education credits may come from this section.**

1. Educational portions of fitness industry meetings or seminars: national convention, state, local, or regional meetings. (One [1] CE hour for each 60 minutes of participation.)
2. Educational portions of programs of allied health and other relevant professional associations. (One [1] CE hour for each 60 minutes of participation.)
3. Educational portions of programs sponsored by organizations or vendors on topics that maintain, update, or enlarge knowledge of skills relevant to the fitness profession. (One [1] CE for each 60 minutes of participation.)
4. Telecommunications/teleseminars; relevant to the fitness profession. (One [1] CE hour for each 60 minutes of participation.)
5. In-service trainings of relevance to fitness program leadership (One [1] CE per 60 minutes of participation.)

Participation in formal educational programs relevant to the health and fitness field

***No more than four [4] CE hours total from this section.**

1. Post-secondary courses attended for credit, including guided independent study and residential college or university courses. Courses taken in pursuit of associates, baccalaureate, masters, or doctoral degrees, which are relevant to the Better Bones & Balance® program, are included. All coursework and final examinations must be completed by the time of application for recertification. (Two [2] CE hours for every one [1] college quarter credit. Three [3] CE hours of every one [1] college semester credit.)
2. Audit of academic course or noncredit adult education course relevant to exercise and skeletal health, without completing necessary requirements for full formal credit. Course must be completed by the time of application for recertification. (One [1] CE hours for every one [1] college quarter credit. Two [2] CE hours of every one [1] college semester credit.)

Qualifying Continuing Education Activities (continued)

Publication or presentation of material relevant to health information

Publication is the development of an original work, relevant to the profession that has been reproduced by written or electronic means for general dissemination to the public. Presentation is the development of an original work delivered to an audience.

***No more than two [2] CE hours from this section.**

1. Author of a textbook, workbook, or manual. (One [1] CE credit.)
2. Author of a chapter in a textbook, workbook, or manual. (One [1] CE credit.)
3. Author of an article in a referenced research journal. (One [1] CE credit.)
4. Author of an educational article in a professional or trade journal. (One [1] CE credit.)
5. Author of an educational article in a local or state newsletter. (One [1] CE credit.)
6. Editor of a textbook, workbook, or manual. (One [1] CE credit.)
7. Editor of a health/fitness or trade journal. (One [1] CE credit.)
8. Speaker at an educational program. (One [1] CE credit for each 15 minutes of podium time.)
9. Panel participant at an educational program. (One [1] CE credit for each 15 minutes of podium time.)

Other Activities

***No more than one [1] CE hour from this section.**

1. Presenting a lecture on referenced fitness-related material that does not fall under current job description. (One [1] CE credit for each 15 minutes of podium time.)
2. Participation in an exercise and skeletal health seminar. (One [1] CE for each 60 minutes of participation.)
3. Internet educational offerings relevant to exercise and skeletal health (BBB approval required).
4. Internship in a health and fitness related field.

Non-Qualifying Continuing Education Activities

Examples of activities that do not qualify for CE credit are as follows. This list is illustrative and not intended to be inclusive.

1. Responsibilities that fall within the normal parameters of an individual's job description, including but not limited to the following: (1) staff meetings; (2) staff reviews; (3) preparation of procedure, policy, or administrative manuals; (4) conducting tours; or (5) participation in career day activities.
2. Published materials or presentations developed as a direct part of an individual's employment.
3. Summarizing articles, audiotapes or videotapes.
4. College courses that are not acceptable for continuing education include any course beyond the scope of practice for Better Bones & Balance® instructors and courses that do not relate to Better Bones & Balance®.

If you are unsure about something you would like to submit, please send our team and email at betterbonesbalance@oregonstate.edu.