

Continuing Education Point / Renewal



No.	Course	Point
1.	Certified Fitness Instructor	100
2.	Certified Bodyweight Instructor	100
3.	Certified Gym Instructor	100
4.	Certified Personal Trainer	200
5.	Certified Strength Trainer	200

No.	Description	Point	Remarks
1.	Submit Client Data	1 per client	- 3 months program or depending on your program but not less than 1 month - No specific format. Depending on program requirements
2.	Continuing Education (NASC)	10	- CPR Courses - Periodization and Macro Cycles - Strength Training For Weekend Warriors - Public Speaking Courses - Trifecta – Secret Training For Strength - Basic Pilates For Health - Art of Yoga - Aerobics Classes Programs - Hormonal Manipulations and Correction Methodology - Fat Loss for the Masses
		10	- Certified Fitness Instructor - Certified Bodyweight Instructor - Certified Gym Instructor
		20	- Certified Personal Trainer - Certified Strength Trainer
		20	- Nutrition Programming - Programming For Sports - Strength and Conditioning Programming - Certified Spinal Manipulation Therapist
		30	- Certified Master Trainer (TOT)
3.	Continuing Education	5-10	- Non-NASC related courses (Please refer to us)
		10	- Diploma (Related Field)
		20	- Degree (Related Field)

		30	- Master Degree (Related Field)
		50	- PhD (Related Field)
4.	Research	50	- Involved in the research, writing & presentation of the research paper - Exempted from Exam
		10	- Part of the research team
		10	- Participant / delegate of related conference
5.	Physical Activity Involvement	2	- Participate in any sport events (Please refer to us) - Must produce certificate of participation
		4	- Participated in competition; • Top 5 in bodybuilding / body smart • Top 100 in half/full marathon • Top 10 in strongman • Top 3 in powerlifting, weightlifting • Other sport (please refer to us)
		6	- First place in any sport (Please refer to us)
6.	Involvement in NASC Programs	5 per day	- Assistant or volunteer
		3 per hour	- Trainer or co-trainer for courses for level 1 trainer
		5 per hour	- Trainer or co-trainer for courses for level 2 trainer
		8 per hour	- Trainer or co-trainer for courses for level 3 trainer
		1 per participant	- Course organizer. Point by total participants
7.	Involvement in NGO & Association or Public / Media Appearance	2-10	- Office bearer of Health & Fitness Association / NGO - Public / Media appearance promoting Health & Fitness esp NASC