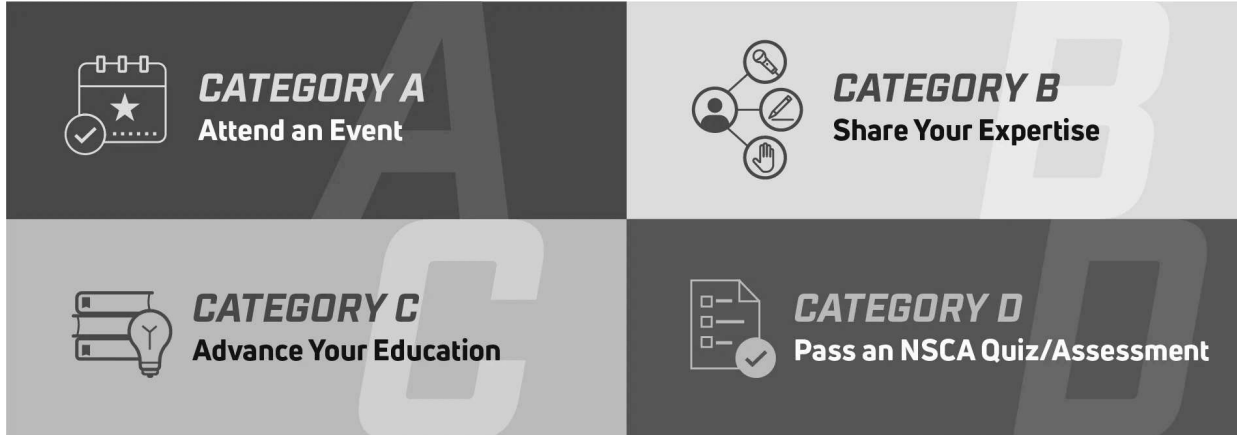


# CEU CATEGORIES & ACTIVITIES

Learn about the various categories of CEU opportunities the NSCA accepts and details about CEU activities.



There are specific categories of CEU activities the NSCA will accept. These categories exist to ensure individuals gain knowledge in a variety of ways. The table below will help you determine the number of CEUs required. For tips to help you navigate recertification view the [Recertification Planning Tool >> \(/certification/certification-resources/Recertification-planning-tool/\)](/certification/certification-resources/Recertification-planning-tool/)

ORIGINAL CERTIFICATION DATE (Shown on certificate)	CEUS REQUIRED	CATEGORY A MAXIMUM	CATEGORY B MAXIMUM	CATEGORY C MAXIMUM	CATEGORY D MAXIMUM
Before 2024	6.0	5.5	4.0	5.5	4.0
During 2024	4.0	3.5	3.0	3.5	3.0
During 2025	2.0	1.5	1.0	1.5	1.0
January 1, 2026 to June 30, 2026	1.0	1.0	1.0	1.0	1.0
July 1, 2026 to December 31, 2026	0	0	0	0	0

## CATEGORY REQUIREMENTS

- You must obtain CEUs from a minimum of two different categories.
- Reporting more CEUs than the maximum listed above will not count toward recertification.
- All CEUs must be earned between January 1, 2024 or your certification date and December 31, 2026.
  - If you took advantage of the late reporting period from the 2021-2023 recertification cycle and completed recertification during that time, your CEUs must be earned between February 1, 2024 and December 31, 2026.

## ***CATEGORY A | ATTENDANCE***

Earn CEUs in Category A by attending a variety of educational events such as clinics, conferences, seminars, workshops, or live-streamed events. Your attendance can be in-person or virtual participation in a live (not a pre-recorded) event.

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NSCA Events | 0.1 - 2.0 CEUs per event +

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Non-NSCA Events | 0.1 - 2.0 CEUs per event +

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## ***CATEGORY B | SHARE YOUR EXPERTISE***

Get CEUs for speaking at an event or on a panel, being published, or volunteering with the NSCA.

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NSCA Volunteer Work | 0.1-2.0 CEU's per year +

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Presentations | 1.0 - 2.0 CEUs per presentation +

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Publications | 0.5 - 3.0 CEU per publicaiton +

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# CATEGORY C | EDUCATIONAL

## ACTIVITIES

Further your education and knowledge to gain CEUs through activities like First Aid, Internships, college courses, and more.

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<u>First Aid   0.5 CEUs</u>	+
<u>College Course Work   0.3-2.0 CEUs per course</u>	+
<u>Internships   2.0 CEUs per Internship</u>	+
<u>Additional NSCA Certification   2.0 CEUs</u>	+
<u>NCCA-Accredited Certification   2.0 CEUs</u>	+
<u>Pre-Approved Home Study Course   0.1-2.0 CEUs</u>	+
<u>Personal Development   0.5 CEUs per year</u>	-

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Keep yourself up-to-date on strength and conditioning knowledge and industry research

**What Qualifies** | Any activity undertaken to stay current with your NSCA certification that does not fit into another category.

- Receive 0.5 CEUs for completing at least 5 hours of activities. Examples of approved activities include:
  - Reading journals, magazines, and books
  - Listening to podcasts that are related to your certification
  - Participating in self-improvement seminars
  - Completing home studies that are not pre-approved

Note:

- Only continuing education content that directly relates to the scope of practice and detailed content outline (DCO) of an NSCA certification exam will be accepted.
- 0.5 CEUs per year are the maximum amount of CEUs available for this activity (1.5 CEUs allowed for 3 year cycle)
- If audited, you would need to provide a statement of the nature of activities completed.

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# ***CATEGORY D | QUIZZES & ASSESSMENTS***

Test your knowledge and gain CEUs when you take an NSCA Quiz or assessment.

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[NSCA Quizzes | 0.2 - 1.0 CEU per Quiz](#)

+



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***CONTACT US***  
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