



SCW Functional Training Apex Conference August 28-29, 2021 CEC Form

*Please print this form, circle applicable sessions, and save for your records. You do not need to send this form to SCW Fitness since there is record of your participation.

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Please renew your SCW Certification by going to the following website: www.scwfit.com/certification-renewal.

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Total Conference CECs (based upon attendance at all Conference Sessions)

SCW = 15
ACE = 1.5
ACSM = 15
AEA = 15
AFAA = 15
NASM = 1.9

SATURDAY, August 28, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number						
SA1 9:00am-10:15am CST						
SA1A: Welcome to the Jungle (Gym) with Sonja Friend-Uhl	1.25	0.125	1.25	0.5	1.0	0.1
SA1B: Ladder Approach to Program Design with Kevin Mullins	1.25	0.125	1.25	0.5	1.0	0.1
SA1C: Lower Body Burnout with Jeff Howard	1.25	0.125	1.25	0.5	1.0	0.1
SA1D: Personal Training Redefined with Sheldon McBee	1.25	0.125	1.25	1.0	1.0	0.1
SA1E: Growth of a Muscle Cell with Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
SA2 10:30am-11:45am CST						
SA2A: Why Fascia Matters Beyond Muscles with Sue Hitzmann	1.25	0.125	1.25	0.5	1.0	0.1
SA2B: Assessing the Mature Client with Andrea Metcalf	1.25	0.125	1.25	0.5	1.0	0.1
SA2C: Building Better Butts with Kevin Mullins	1.25	0.125	1.25	0.5	1.0	0.1
SA2D: 5 G's to a Stronger Mindset with Jessica Moyer	1.25	0.125	1.25	1.0	1.0	0.1
SA2E: Virtual Training for Personal Trainers Panel with Sara Kooperman	1.25	0.125	1.25	1.0	1.0	0.1
SA3 12:00pm-1:15pm CST						
SA3A: Cardio Coach Movement Assessment with Sonja Friend-Uhl	1.25	0.125	1.25	0.5	1.0	0.1
SA3B: H2O Personal Training with MaryBeth Dziubinski	1.25	0.125	1.25	1.0	1.0	0.1
SA3C: Mama Core & More with Jessica Maurer	1.25	0.125	1.25	0.5	1.0	0.1
SA3D: Why Personal Trainers Are Missing the Boat! with Christine Conti	1.25	0.125	1.25	1.0	1.0	0.1
SA3E: Glute Training for Aesthetics with Alex Bryce	1.25	0.125	1.25	1.0	1.0	0.1
SA4 1:45pm-3:00pm CST						
SA4A: LIT 101 (Low Impact Training) with Dane Robinson	1.25	0.125	1.25	0.5	1.0	0.1
SA4B: Create the Perfect Program with Giovanni Roselli	1.25	0.125	1.25	0.5	1.0	0.1
SA4C: Coaching Core Stability with Sheldon McBee	1.25	0.125	1.25	0.5	1.0	0.1
SA4D: Welcome to My Tech Talk with Jessica Maurer	1.25	0.125	1.25	1.0	1.0	0.1
SA4E: TRX: Beyond the Basics with Fraser Quelch	1.25	0.125	1.25	1.0	1.0	0.1
SA5 3:15pm-4:30pm CST						
SA5A: Mind & Body Movement Bootcamp with Manuel Velazquez	1.25	0.125	1.25	0.5	1.0	0.1
SA5B: Walk the Line: Balance & Gait with Ann Gilbert	1.25	0.125	1.25	0.5	1.0	0.1
SA5C: Strategies to Building a Loyal Client Base with Hank Ebeling	1.25	0.125	1.25	1.0	1.0	0.1
SA5D: Traits & Habits of Highly Successful Fit Pros with Chris Stevenson	1.25	0.125	1.25	1.0	1.0	0.1
SA5E: Stop Hurting Your Shoulders with Giovanni Roselli	1.25	0.125	1.25	1.0	1.0	0.1

Functional Trainer Apex

SCW



SA6 4:45pm-6:00pm CST

SA6A: Lower Body : Flexibility & Function with Andrea Metcalf	1.25	0.125	1.25	0.5	1.0	0.1
SA6B: Training the Ageless Female Client with Keli Roberts	1.25	0.125	1.25	0.5	1.0	0.1
SA6C: Take it to the Water with MaryBeth Dziubinski	1.25	0.125	1.25	1.0	1.0	0.1
SA6D: Digital , Virtual, Live, Oh My! with Jessica Maurer	1.25	0.125	1.25	1.0	1.0	0.1

SUNDAY, August 29, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number						
SU1 9:00am-10:15am CST						
SU1A: PT Spa Experience with Manuel Velazquez	1.25	0.125	1.25	0.5	1.0	0.1
SU1B: Aqua Drills & Skills with Ann Gilbert	1.25	0.125	1.25	0.5	1.0	0.1
SU1C: No Equipment, No Problem with Jeff Howard	1.25	0.125	1.25	0.5	1.0	0.1
SU1D: Personal Training Predictions Panel with Sara Kooperman	1.25	0.125	1.25	1.0	1.0	0.1
SU1E: Bodyweight Bootcamp: Principles Before Strategies with Paul Christopher	1.25	0.125	1.25	1.0	1.0	0.1
SU2 10:30am-11:45am CST						
SU2A: Nautilus: Does Size Really Matter? with Pete McCall	1.25	0.125	1.25	0.5	1.0	0.1
SU2B: The Stability/Mobility Paradox with Keli Roberts	1.25	0.125	1.25	0.5	1.0	0.1
SU2C: Get Upright for an Upgraded Core with Jeff Howard	1.25	0.125	1.25	0.5	1.0	0.1
SU2D: Better Client Results with Reed Davis	1.25	0.125	1.25	1.0	1.0	0.1
SU2E: Perfect Powerful Plyometric Performance with Peter Twist	1.25	0.125	1.25	1.0	1.0	0.1
SU3 12:00pm-1:15pm CST						
SU3A: Smart Strength for Small Groups with Keli Roberts	1.25	0.125	1.25	0.5	1.0	0.1
SU3B: Arthritis Exercise Integration: Create, Implement & Execute with Christine Conti	1.25	0.125	1.25	0.5	1.0	0.1
SU3C: The Impact of MELT with Sue Hitzmann	1.25	0.125	1.25	0.5	1.0	0.1
SU3D: Effective Client Communication to Achieve Optimal Results with Eric Thomson	1.25	0.125	1.25	1.0	1.0	0.1
SU3E: 5 Fundamentals of Elite Personal Trainers with Kevin Mullins	1.25	0.125	1.25	1.0	1.0	0.1
SA4 1:45pm-3:00pm CST						
SU4A: StairMaster: Your Brain on HIIT with Pete McCall	1.25	0.125	1.25	0.5	1.0	0.1
SU4B: The Secrets to Healthy Aging with Ann Gilbert	1.25	0.125	1.25	0.5	1.0	0.1
SU4C: Warm Beginnings & Cool Endings with Keli Roberts	1.25	0.125	1.25	0.5	1.0	0.1
SU4D: Best At Home Virtual Workouts with Irene McCormick	1.25	0.125	1.25	1.0	1.0	0.1
SU4E: Maximize Your Sessions With Cluster Circuits with Maurice Williams	1.25	0.125	1.25	1.0	1.0	0.1
SU5 3:15pm-4:30pm CST						
SU5A: Advanced Lifting Techniques & Program Design with Eric Thomson	1.25	0.125	1.25	0.5	1.0	0.1
SU5B: Turn Back Time - Programming by Nautilus Strength with Pete McCall	1.25	0.125	1.25	0.5	1.0	0.1
SU5C: Mobility Transformation with Irene McCormick	1.25	0.125	1.25	0.5	1.0	0.1
SU5D: Hindsight is 2020, Unless It's Not with Michelle Leachman	1.25	0.125	1.25	1.0	1.0	0.1
SU5E: Active Aging No Floor Core with Melissa Layne	1.25	0.125	1.25	1.0	1.0	0.1
SU6 4:45pm-6:00pm CST						
SU6A: AMRAP Advantage with Irene McCormick	1.25	0.125	1.25	0.5	1.0	0.1
SU6B: Through the Years with Giovanni Roselli	1.25	0.125	1.25	0.5	1.0	0.1
SU6C: Hydration Breakthroughs with Christine Conti	1.25	0.125	1.25	0.5	1.0	0.1
SU6D: Attention to Retention with Dane Robinson	1.25	0.125	1.25	1.0	1.0	0.1
SU6E: Blast Your Glutes with Keli Roberts	1.25	0.125	1.25	1.0	1.0	0.1



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FRIDAY, August 27, 2020

Certification	Presenter	SCW		ACE		ACSM		AEA		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Active Aging Certification	Gilbert	8.0		0.7		8.0		4.0		7.0		0.7	
SCW Functional Training Certification	Mullins	7.0		0.7		7.0		8.0		8.0		0.8	
SCW Personal Training Certification	Roberts	8.0		NA		8.0		4.0		NA		NA	
SCW Social Media Certification	Maurer	7.0		0.7		7.0		8.0		8.0		0.8	
Cardio Coach by Star Trac	Friend-Uhl	4.0		0.4		4.0		NA		4.0		0.4	
Real Smart HIIT Instructor Certification by Stairmaster	McCall	4.0		0.4		4.0		NA		4.0		0.4	

First Name: _____

Last Name: _____

Email Address: _____

