



SCW Active Aging Summit Conference March 20th - March 21st, 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.

**If you renew an SCW Certification, you also do not need to send this form to SCW Fitness.

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

***To renew your SCW Certification, you need 20 Continuing Education Credits every 2 years: www.scwfit.com/certifications-faq

FRIDAY, March 19, 2021

Certification	Presenter	SCW		ACE		ACSM		AEA		CECs	Provider #	Provider #
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #			
SCW Active Aging Certification	Roberts	8.0		0.7		8.0		4.0		7.0		
SCW Active Aging Nutrition Certification	Silverman	4.0		0.4		4.0		4.0		4.0		
SCW Functional Training Certification	Mullins	7.0			Pending	7.0			Pending		Pending	
Chair One Fitness Certification	Perkins	8.0		NA	NA	8.0		NA		8.0		0.8
Foundational Exercises for the Older Adult	Linkul	3.0		NA	NA	3.0		NA		NA		NA

SAMPLE



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

SCW = 15
 ACE = 1.5
 ACSM = 15
 AEA = 7.5
 AFAA = 12
 NASM = 1.2

SATURDAY, March 20, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	SCW11111	112167	NA	11141		316
SA1 8:00am-9:15am CST						
SA1A: GET UPRIGHT FOR AN UPGRADED CORE with Jeff Howard	1.25	0.125	1.25	0.75	1.0	0.1
SA1B: WOVEN STRENGTH FUSION with Donna Thomas		NA			1.0	0.1
SA1C: ACTIVE AGING CHAIR YOGA with Sara Kooperman	1.25	0.125	1.25	0.75	1.0	0.1
SA1D: WEIGHT MANAGEMENT FOR ACTIVE AGERS with Tricia Silverman	1.25	0.125	1.25	1.5	1.0	0.1
SA2 9:35am-10:50am CST						
SA2A: BIG BALANCE THEORY with Jessica Pinkowski	1.25	0.125	1.25	0.75	1.0	0.1
SA2B: STRENGTH TRAINING FOR LONGEVITY & VITALITY with Sara Kooperman		0.125	1.25	0.75	1.0	0.1
SA2C: ACTIVE AGING: BETWEEN THE CHAIRS with Irene McCormick		0.125	1.25	0.75	1.0	0.1
SA2D: EFFECTIVELY ASSESSING THE MATURE ADULT with Andrea Metcalf		0.125	1.25	1.5	1.0	0.1
SA3 11:10am-12:25pm CST						
SA3A: FUNCTIONALLY FIT AFTER 50 with Maureen Hagan	1.25	0.125	1.25	0.75	1.0	0.1
SA3B: TRAINING THE ACTIVE AGING FEMALE CLIENT with Tricia Silverman	1.25	0.125	1.25	0.75	1.0	0.1
SA3C: TAI-CHI + YOGA = BAMBOO FUSION with David Linkul	1.25	0.125	1.25	0.75	1.0	0.1
SA3D: HOW TO TRAIN OLDER ADULTS ONLINE with Robert Sorenson	1.25	0.125	1.25	1.5	1.0	0.1
SA4 1:25pm-2:40pm CST						
SA4A: MOVING WITH PURPOSE: BALANCE STRATEGIES with Shariy	1.25	0.125	1.25	0.75	1.0	0.1
SA4B: STRONG BODY FOUNTAIN OF YOUTH with Jeff Howard	1.25	0.125	1.25	0.75	1.0	0.1
SA4C: ACTIVE AGING 101: FALL PREVENTION with Christine Conti	1.25	0.125	1.25	0.75	1.0	0.1
SA4D: STOP ATTRITION IN AGING PROGRAMS with Tricia Silverman	1.25	0.125	1.25	1.5	1.0	0.1
SA5 3:00pm-4:15pm CST						
SA5A: STAY GROUNDED with Giovanni R	1.25	0.125	1.25	0.75	1.0	0.1
SA5B: TRAINING THE ACTIVE BOY with Tricia Silverman	1.25	0.125	1.25	0.75	1.0	0.1
SA5C: PANEL with Kooperman, Linkul, Gilbert, Linkul	1.25	0.125	1.25	1.5	1.0	0.1
SA5D: SHOULD YOU BE A LIFE COACH? with Kimberly Sorenson-Glick	1.25	0.125	1.25	1.5	1.0	0.1
SA6 4:30pm-5:50pm CST						
SA6A: CHAIR YOGA with Robert Sorenson	1.25	0.125	1.25	0.75	1.0	0.1
SA6B: CHAIR YOGA with Abbie Appel	1.25	0.125	1.25	0.75	1.0	0.1
SA6C: EXPLORING CHAIR YOGA with Kimberly Sorenson-Glick	1.25	0.125	1.25	0.75	1.0	0.1
SA6D: EXERCISE & ADAPTATION: CREATE & IMPLEMENT with Christine Conti	1.25	0.125	1.25	0.75	1.0	0.1



SUNDAY, March 21, 2021

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number	SCWPT	CEP212167	NA	11141	10241	316
SU1 8:00am-9:15am CST						
SU1A: TRANSFORMATION AFTER 40 - STRENGTH TRAINING FOR WOMEN with Irene McCormick	1.25	0.125	1.25	0.75	1.0	0.1
SU1B: PLYOMETRIC EXERCISES FOR OLDER ADULTS with Aaron Aslaksen	1.25	0.125	1.25	0.75	1.0	0.1
SU1C: INCLUSIVE CHAIR-BASED DANCE FITNESS with Alexis Perkins	1.25	NA	1.25	0.75	1.0	0.1
SU1D: LET'S FACE IT TOGETHER™ ACTIVE AGERS with Christine Conti	1.25	0.125	1.25	0.75	1.0	0.1
SU2 9:35am-10:50am CST						
SU2A: BALANCE & POWER - TRAINING AGING CLIENTS with Dianne McCaughey	1.25	0.125	1.25	0.75	1.0	0.1
SU2B: BRAIN POWER with Dennis & Pinkowski	1.25	0.125	1.25	1.5	1.0	0.1
SU2C: AGING HIIT: CHAIR TODAY, GONE MAÑANA with Ann Gilbert	1.25	0.125	1.25	0.75	1.0	0.1
SU2D: WHAT SENIORS NEED with Dr. Gregory Charlop, MD	1.25	0.125	1.25	1.5	1.0	0.1
SU3 11:10am-12:25pm CST						
SU3A: INTERVAL PROGRAMMING FOR THE ACTIVE AGER with Ann Gilbert	1.25	0.125	1.25	0.75	1.0	0.1
SU3B: COUNTRY FUSION® FOR ACTIVE AGERS with Elizabeth Mooney	1.25	0.125	1.25	0.75	1.0	0.1
SU3C: SEVEN EXERCISES TO OVERCOME INJURY with Robert Linkul	1.25	0.125	1.25	0.75	1.0	0.1
SU3D: MEETING NEEDS & TOUCHING LIVES with Jane Curth	1.25	0.125	1.25	1.5	1.0	0.1
SA4 1:25pm-2:40pm CST						
SU4A: HOT CROSSED BUNS with Jeff Howard	1.25	0.125	1.25	0.75	1.0	0.1
SU4B: MULTI-GENERATIONAL FITNESS with Billie Wartenberg	1.25	0.125	1.25	0.75	1.0	0.1
SU4C: NO PLACE LIKE FOAM with Sara Kooperman	1.25	0.125	1.25	0.75	1.0	0.1
SU4D: GROUP FITNESS PROGRAM DESIGN with Dennis & Pinkowski	1.25	0.125	1.25	1.5	1.0	0.1
SU5 3:00pm-4:15pm CST						
SU5A: BOOTCAMP FOR BOOMERS with Connie Warasila	1.25	0.125	1.25	0.75	1.0	0.1
SU5B: TRAINING THE ACTIVE AGING FEMALE: UPPER EXT with Roberts	1.25	0.125	1.25	0.75	1.0	0.1
SU5C: TAI CHI FOR WARMUP & RECOVERY with David Dorn	1.25	0.125	1.25	0.75	1.0	0.1
SU5D: ALL ABOUT INTERMITTENT FASTING with Dr. Charles Ch	1.25	0.125	1.25	1.5	1.0	0.1
SU6 4:35pm-5:50pm CST						
SU6A: FUNCTION & FITNESS...REVISIT with Patricia VanGalen	1.25	0.125	1.25	0.75	1.0	0.1
SU6B: BACK TO BUSINESS with Gio	1.25	0.125	1.25	1.5	1.0	0.1
SU6C: ABC'S OF FALL PREVENTION with Ko	1.25	0.125	1.25	0.75	1.0	0.1
SU6D: CREATIVE PROGRAMMING 55+ with Wartenberg	1.25	0.125	1.25	0.75	1.0	0.1

First Name: _____

Last Name: _____

Email Address: _____