



SCW Nutrition Coaching Summit September 16-17, 2022 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.scwit.com/certifications-faqs

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

SCW = 15.0

ACE = 0.6

ACSM = 6.0

AEA = 15

AFAA = 15.0

NASM = 1.5

SATURDAY, September 17, 2022

	SCW	ACE	ACSM	AEA	AFAA	NASM
Provider Number						
SA1 9:00am-10:00am CDT						
SA1A: FUEL FOR PERFORMANCE Larry Howard, MS, CSCS				1.0	1.0	0.1
SA1B: FEASTING & FASTING? Melissa Layne, MEd			1.0	1.0	1.0	0.1
SA1C: THE ECOSYSTEM OF NUTRITION Dillan Foss, MS	1.0		1.0		1.0	0.1
SA1D: SLEEP & NUTRITION: INFLUENCE ON BODY COMPOSITION Nicholas Lambe	1.0		1.0	1.0	1.0	0.1
SA2 10:15am-11:15am CDT						
SA2A: MICRONUTRIENTS BROKEN DOWN Larry Howard, MS, CSCS		0.1	1.0	1.0	1.0	0.1
SA2B: DIET MYTHS & MISCONCEPTIONS Alex Bryce, MSE, CSCS		0.1	1.0	1.0	1.0	0.1
SA2C: ALL THINGS CREATINE: PERFORMANCE, COGNITION AND MORE Dr. Jonathan Mike, PhD, CSCS*D	1.0	0.1	1.0	1.0	1.0	0.1
SA2D: FIVE FAT-BURNING HORMONES Melissa Layne, MEd	1.0		1.0	1.0	1.0	0.1
SA3 11:30am-12:30pm CDT						
SA3A: FUNCTIONAL FOODS FOR A FANTASTIC YOU Amanda Fearheiley, RDN, LD, CPT		0.1	1.0	1.0	1.0	0.1
SA3B: METABOLISM 101: NOURISH TO FLOURISH PANEL Speakers: Melissa Layne, MEd, Sohailla Digsby, RDN, LD, & Alex Bryce, MSE, CSCS		0.1	1.0	1.0	1.0	0.1
SA3C: MASTER OF MINDFUL EATING Dr. Candice Seti, Psy.D.	1.0	0.1	1.0	1.0	1.0	0.1
SA3D: UNLEASH THE POWER OF SUPERFRUITS! Dr. Samantha Davis, PhD, CSCS*D	1.0	0.1	1.0	1.0	1.0	0.1
SA4 1:00pm-2:00pm CST						
SA4A: MEALTIME MAKEOVER FOR EFFICIENT WEIGHT LOSS Dr. Candice Seti, Psy.D.	1.0	0.1	1.0	1.0	1.0	0.1
SA4B: LOW INSULIN DIET - HOW HORRIBLE IS IT? Katrina Foe, PhD, CSCS*D	1.0	0.1	1.0	1.0	1.0	0.1
SA4C: HOW TO KNOW IF YOU'RE UNDER-EATING Sohailla Digsby, RDN, LD	1.0	0.1	1.0	1.0	1.0	0.1
SA4D: WORDS MATTER: EATING DISORDERS AND FITNESS INFLUENCE Dr. Candice Seti, Psy.D.	1.0	0.1	1.0	1.0	1.0	0.1
SA5 2:15pm-3:15pm CST						
SA5A: GETTING HEALTHILY Sohailla Digsby, RDN, LD	1.0	0.1	1.0	1.0	1.0	0.1
SA5B: DIET, EXERCISE, GOOD CHOICES ALWAYS Amanda Fearheiley, RDN, LD, CPT	1.0	0.1	1.0	1.0	1.0	0.1
SA5C: FIBER CLOSE Dr. Candice Seti, Psy.D.	1.0	0.1	1.0	1.0	1.0	0.1
SA5D: SUPPLEMENTATION FOR OLDER ADULTS Dr. Jonathan Mike, PhD, CSCS*D	1.0	0.1	1.0	1.0	1.0	0.1
SA6 3:30pm-4:30pm CST						
SA6A: NUTRITION - CALORIES, GRAMS, PORTION SIZE, OH MY! Amber Toole	1.0	0.1	1.0	1.0	1.0	0.1
SA6B: INTERMITTENT FASTING - FACT OR FICTION Alex Bryce, MSE, CSCS	1.0	0.1	1.0	1.0	1.0	0.1
SA6C: MAXIMIZING PROTEIN FOR COACHES AND TRAINERS Dr. Jonathan Mike, PhD, CSCS*D	1.0	0.1	1.0	1.0	1.0	0.1
SA6D: CHILDHOOD & ADULTHOOD OBESITY: HEALTHY GUIDANCE Amanda Fearheiley, RDN, LD, CPT	1.0	0.1	1.0	1.0	1.0	0.1



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FRIDAY, September 16, 2022

Certification	Presenter	SCW		ACE		ACSM		AFAA		NASM	
		CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #	CECs	Provider #
SCW Nutrition, Hormones & Metabolism Certification	Layne	7.0		0.7		7.0					

If you require any assistance securing CECs/CEUs from other providers, please contact us at certs@scwfit.com. We are here to help!

First Name: _____

Last Name: _____

Email Address: _____