Criteria for award of Continuous Education (CE) hours

Category	Type of Activity	Criteria	CE hours awarded
Education hours	**Events** - Conferences - Seminars	**Attendee** Every full hour attended	0.5 (each event is capped at 10 hours)
		Presenter Every 15 minutes presented	0.5 (each event is capped at 10 hours)
	Curriculum-based learning - Workshops - In-house training - Lectures - Courses - Certifications	**Attendee** Every full hour attended	1 (each activity is capped at 10 hours)
	Publication(s) - Indexed journal - Book/textbook - Course/Practice curriculum - Online publication(s)	**Role** Author Co-author Editor Co-editor Chair Member Author Co-author	 5 per article 2 per article 5 per book 2 per book 5 per curriculum 2 per curriculum 2 per publication 1 per publication
Practice hours	**Classes** - Instructing exercise/fitness classes - Co-instructing exercise/fitness classes	**Instructor/Co-instructor** Every 30 minutes taught	0.5
Self-guided hours	**Self-directed learning with verifiable assessment** (Online or in-person learning)	Approved submission(s)	1 per submission
	Self-directed reading (Review of articles, books, fitness related journals and publications)	Approved submission(s)	1 per submission
	Self-directed journaling (Journaling, reflections)	Approved submission(s)	1 per submission
	Reflection on fitness/exercise class/course conducted	Approved submission(s)	1 per submission