



CONTINUING EDUCATION CREDITS (CECs)

Continuing education programs are essential for fostering ongoing expertise, instructor development, and the enhancement of professional skills and knowledge as a Pietra Fitness Instructor. To ensure that our instructors are consistently advancing in their skills and proficiency, they are required to recertify annually and complete 10 Continuing Education Credits (10 CECs) within each year.

4 of the CECs each year must be from the approved Spiritual Courses Category

(Available online. See information below for petitioning courses not pre-approved by Pietra Fitness)

6 CECs each year must be from the approved Physical Courses Category

(Available online. See information below for petitioning courses not pre-approved by Pietra Fitness).

The Physical Course CECs include 2 CECs from the mandatory CPR/AED certification in the year you take the course. When it is time for your CPR/AED certification, completing the course will be 2 of your CECs for the year in the physical category. Most CPR/AED certifications are valid for 2 years and will **NOT** count for CECs in off years. You will need to upload your proof of CECs at the time of renewal. You must also upload your current CPR/AED certificate even if it is the same one you sent the prior year.

CECs for Pro-cert Renewal

Pro Instructors will need to fulfill all of the standard CEC requirements, plus:

1. Submit one entire routine (level of your choice) in writing and in video, or submit to the online studio. The video does not need to be professionally done if not for the studio. We do, though, need to be able to hear you and see you clearly. In the written document, please include the level, physical focus, and patron saint.
2. [Complete the Pietra Fitness Pro-Instructor Renewal Exam](#): The exam is a Google Form, so you are on the honor system to do it on your own. Once we receive it, we will send you a certificate for the CEC if you pass, or let you know that you will need to redo the exam if you don't pass.

**Where do I find available CECs for Pietra Fitness?**

Most of our Instructor Monthly Meetups will offer achievable CECs. You may receive a CEC certificate just for attending, or you may need to complete a quiz to obtain it. You will also find CECs available on the Continuing Education Quick Links in the Instructor Portal. Once you fulfill the requirement for the CECs, you will receive a CEC certificate. Hold on to the certificate and upload it when you re-certify as proof of CECs.

**PLEASE NOTE: PIETRA FITNESS DOES NOT KEEP COPIES OF YOUR CECs.
IT IS YOUR RESPONSIBILITY TO SAVE THEM AND UPLOAD THEM AT
THE TIME OF RE-CERTIFICATION.**

What CPR/AED Courses Are Accepted for Certification and Re-Certification?

Pietra Fitness requires that everyone complete an adult CPR/AED class with a hands-on skills assessment verified by a qualified CPR instructor. This means you have to go to a class with a live instructor evaluating your skill performance. An online-only CPR course will not be accepted.

Petitioning Courses Not Pre-Approved by Pietra Fitness

CEU/CEC providers not pre-approved by Pietra Fitness will require a petition. Petitions allow Pietra Fitness to review the material covered and make a value determination for the CECs. Please print out page 3 of this document for Petitioning a course.



Continuing Education Petition Application for Pietra Fitness

Please complete this form to request approval for continuing education courses that are not pre-approved by Pietra Fitness. All continuing education must directly represent the performance domains set out in P-FIT.

First Name: _____ Last Name: _____
Address: _____
Home Phone: _____ Cell Phone: _____
Email: _____

CEU/CEC Information

Course/CEU Title: _____
Type of Activity: ☐ Workshop ☐ Seminar ☐ Home study ☐ Conference ☐ Other
Date(s): _____ Contact Hours (excluding scheduled breaks) _____
Course/CEU Provider: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ Web Site: _____
Web Site: _____

Please answer the following questions in addition to supplying the required information and documentation.

This continuing education course falls under which Category(s)? (check all that apply)

☐ Catholic Course ☐ Nutrition ☐ Exercise Technique ☐ Student Relations ☐ Program Design
☐ Professional Practice & Responsibility ☐ Anatomy & The Way the Body Moves ☐ Breathing

How has this course, workshop or educational course provided above entry-level knowledge, skill, and ability? If the Continuing Ed is of a Spiritual Nature, please give an outline of the talks, what you gleaned from them and how you have grown in your faith.

Continuing Education Petition Application Checklist

☐ Complete the Continuing Education Petition Application for Pietra Fitness
☐ Make a copy of all information for each course as follows:
☐ Certificate of Completion ☐ Course outline or agenda ☐ Instructor resume or bio ☐ Course objectives ☐ Referenced text material (if applicable)

Email all information to instructors@pietrafitness.com

Allow 30 days to process the application. Incomplete applications will be returned for resubmission. If you have questions about recertification, please check the website in the Instructor Portal.