



CONTINUING EDUCATION CREDITS (CECs)

Continuing education programs are required in order to promote continued competence, Instructor development, and enhancement of professional skills and knowledge as a PF Instructor. To ensure Pietra Fitness Instructors are growing in skills and proficiency, they must re-certify every year and complete 10 CECs (10 hrs. of Continuing Education Credits) within that 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 on off years. You will need to upload your proof of CECs at the time of renewal.

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 physical focus and patron saint.
2. Share your skills in at least one of our meetups during the year, or submit a blog.

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.