



**SHAPE America National Convention  
National Sport and Conditional Association (NSCA)  
CEU/Contact Hour Program Information**

SHAPE America is an approved provider for continuing education for the National Strength and Conditioning Association (NSCA). Certified Strength and Conditioning Specialists and Certified Personal Trainers are eligible to receive up to 1.6 CEUs by attending any number of the seven (7) pre-approved sessions included in the registration packet. The number of CEUs awarded will be based on the number and length of the sessions attended.

Convention registration is required. There is an additional charge of \$30 (members) or \$35 (nonmembers) to participate.

To receive a continuing education packet, present your ticket (purchased at registration) to a representative in the CEU/CECH booth located near the registration area in the Convention Center. Before the close of convention, return the completed registration packet to the CEU/CECH booth. Participants will be emailed a certificate of completion. Once the certificate is received, you must record the number of CEUs granted on your NSCA online reporting summary.

1. You will need to keep track of this packet throughout the convention. This packet contains the necessary forms for acquiring continuing education contact hours for the approved sessions.

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| <input checked="" type="checkbox"/> Instructions               | <input checked="" type="checkbox"/> NSCA Registration Form   |
| <input checked="" type="checkbox"/> NSCA Approved Program List | <input checked="" type="checkbox"/> Session Evaluation Forms |
| <input checked="" type="checkbox"/> Final Evaluation Form      |  |

2. You will only receive contact hours, as stated, for sessions that you attend. On the NSCA Approved Program List, circle the number for each session you attend. You must also complete the evaluation required for each session. SHAPE America does not submit contact hours to any other organizations. However, you may choose to report contact hours earned to your school district or other professional organizations. An e-certificate will be issued for contact hours upon return of the packet.

3. At the conclusion of the convention, return the packet with the items listed in section 1 (above) to the CEU/CECH booth on Friday, March 17<sup>th</sup> between 7:30 a.m. and 5:00 p.m. or on Saturday, March 18<sup>th</sup> between 7:30 a.m. and 11:30 a.m. Completed packages may also be mailed to the SHAPE America office at 1900 Association Drive, Reston, VA 20190 attn: NSCA CEU Program.



**NSCA CEUs**  
**Approved Sessions**

Program ID#	Title	Date	Start Time	End Time	NSCA CEUs
0449	<a href="#">Sudden Cardiac Death: Practice Recommendations for Participating in Safer Activities</a>	3/15/2017	1:45 PM	3:00 PM	0.2
0173	<a href="#">Using Social Cognitive Theory to Promote Athletic Performance and Well-Being</a>	3/16/2017	7:30	8:45 AM	0.2
0452	<a href="#">Preventing Sudden Death in Sports: Best Practice Recommendations and Guidelines</a>	3/16/2017	4:15 PM	5:30 PM	0.2
1008	<a href="#">Unlock the Key to Generation Z</a>	3/17/2017	7:30 AM	8:45 AM	0.2
0370	<a href="#">Sports Nutrition: A Guide for Youth Sport Coaches</a>	3/17/2017	11:15 AM	12:30 PM	0.2
1256	<a href="#">Long-Term Athletic Development for Youth</a>	3/17/2017	1:00 PM	5:00 PM	0.4
1033	<a href="#">Safe Participation of Persons With Disabilities in Fitness Facilities</a>	3/17/2017	2:30 PM	3:45 PM	0.2
0841	<a href="#">The Power of Effective Communication in Competitive Sport Environments</a>	3/17/2017	4:15 PM	5:30 PM	0.2
1012	<a href="#">The Impact of Equilibrium on Sport and Exercise Performance</a>	3/18/2017	11:00 AM	12:15 PM	0.2

National Strength and Conditioning Association (NSCA) approved up to 1.6 CEU(s) for certified individuals attending this event.”