

Mission of the NSFA:

The NSFA trains, certifies and supports fitness leaders and promotes fitness, active living and wellness throughout the province.

NSFA certified instructors wishing to re-certify are required to obtain professional credits over two consecutive years following certification. Group Fitness instructors, Resistance Training Leader instructors, Aqua Fitness instructors, Older Adult Fitness instructors and Youth Fitness instructors are required to obtain 10 cec's. Personal Fitness Trainer instructors are required to obtain 20 cec's.

Group Fitness, Resistance Training, Aqua Fitness and Older Adult instructors are required to teach a minimum of 40 hrs within the two years. Youth Fitness instructors are required to teach a minimum of 20 hrs. Personal Fitness instructors are required to complete a 100 hr. log.

-Credits may be obtained from a Choreography exchange or Master Class. Value 1 Credit for a max. of 2 Credits

-Credits may be obtained from a lecture relevant to health, education or fitness. Value 1 Credit for each 1 1/2 hr lecture for a max. of 2 Credits

-Credits may be obtained from participating in a Workshop/In-service.

Value 1 Credit for each 3 hr workshop/In-service for max of 2 Credits

-Credits may be obtained from a Regional or National Conference related to health, education and/or fitness. Max of 8 Credits for 1 day.

Each NSFA certified instructor will record their participation in professional development activities by filling out the NSFA RE-CERTIFICATION CARD and submitting a copy of the card for Re-certification to the NSFA office.

NOVA SCOTIA FITNESS ASSOCIATION
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Diane Bellefontaine, Executive Director (diane@nsfafa.info)



NOVA SCOTIA FITNESS ASSOCIATION

Recertification Card

Member's name _____

Expiry date _____

