

# BC Association of Kinesiologists

## Continuing Education Standards Program Credit Categories

<b>1) Courses/Workshops/Seminars/Conferences (Max 20 credits / year)</b>	<b>Credit Allocation</b>
a) Recognized Professional conferences (BCAK, NSCA, ACSM, ACE, CSEP, BCRPA, etc), BCAK Pro-D events & sponsored courses	1 hour = 1 credit
b) Courses/Workshops/Seminars relating to the field of Kinesiology	
c) Vocationally related courses (those not related to the science of Kinesiology) - includes business, management, computing, or other technical training.	1 hour = 0.5 credits
d) In-service related to Kinesiology	
e) First aid, AED/CPR,	3 credits per course
f) Upper or graduate level courses related to Kinesiology	1 University credit = 5 credits
g) Passing a certification exam related to Kinesiology (NSCA, ACSM, CSEP, ACE, etc)	5 credits per exam
h) Human Kinetics or other online education courses	1 hour = 1 credit (or as indicated)
<b>2) Presenting/Teaching/Research (Max 15 credits / year)</b>	<b>Credit Allocation</b>
a) Media presentations promoting Kinesiology Presenting at Conferences and seminars Presenting research to prof./academic group Teaching or developing courses/workshops	1 hour of preparation = 1 credit and/or 1 hour of presentation = 1 credit
b) Defending a thesis or published work in a Journal	10 credits
<b>3) Services to Profession (Max 10 credits / year)</b>	<b>Credit Allocation</b>
a) Publish article in Kinnected Research journal article reviews and course reviews	Each article or review = 3 credits
b) Training or mentoring of Kinesiology students	1 hour = 1 credit
c) Kinesiology related volunteer work in the community	1 hour = 0.5 credits
<b>4) BCAK Participation (Max 15 credits / year)</b>	<b>Credit Allocation</b>
a) President	10 credits
b) Other Officer	7 credits
c) Director	5 credits
d) Committee chair or member	
e) AGM or GM attendance	5 credits per meeting
f) Manning the BCAK booth at trade shows or conferences	5 credits per event/day

**Practicing members require a minimum of 20 credits per calendar year**  
**The CESP Tracking Form must be submitted annually with your membership renewal application**

Please note the maximum number of credits accepted in each category