

Quiz Policies

Eligibility

The NCSF online quizzes are open to any currently certified fitness professional, 18 years or older.

Deadlines

Course completion deadlines correspond with the NCSF Certified Professionals certification expiration date. Students can obtain their expiration dates by reviewing either their certification diploma or certification ID card.

Cancellation/Refund

All NCSF continued education course studies are non-refundable.

General Quiz Rules

- You may not have your quiz back after sending it in.
- Individuals can only take a specific quiz once for continued education units.
- Impersonation of another candidate will result in disqualification from the program without refund.

Disqualification

If disqualified for any of the above-mentioned reasons you may appeal the decision in writing within two weeks of the disqualification date.

Reporting Policy

You will receive your scores within 4 weeks following the quiz. If you do not receive the results after 4 weeks please contact the NCSF Certifying Agency.

Re-testing Procedure

Students who do not successfully pass an online quiz have the option of re-taking. The fees associated with this procedure total \$15 (U.S) per request. There are no limits as to the number of times a student may re-test.

Special Needs

If special needs are required to take the quiz please contact the NCSF so that appropriate measures can be taken for your consideration.

Quiz Rules

What Do I Mail Back to the NCSF?

Students are required to submit the quiz answer form.

What do I Need to Score on the Quiz?

In order to gain the .5 NCSF continued education units students need to score 80% (8 out of 10) or greater on the CEU quiz.

Where Do I Mail My Quiz Answer Form?

You will mail your completed answer form to:

NCSF

Attn: Dept. of Continuing Education

5915 Ponce de Leon Blvd., Suite 60

Coral Gables, FL 33146

How Many CEUs Will I Gain?

Professionals who successfully complete the any continuing education quiz will gain .5 NCSF CEUs per quiz.

How Much does each quiz cost?

Each quiz costs the student \$15.00.

What Will I Receive When The Course Is Completed?

Students who successfully pass any of the NCSF online quizzes will receive their exam scores, and a confirmation letter.

How Many Times Can I Take The Quizzes For CEUs?

Individuals can take each NCSF quiz once for continuing education credits.

Continuing Education for the Professional



Many professionals view continuing education as merely a necessary evil to maintaining their certified status. This, though, is a very short-sighted and inaccurate perspective to have regarding continued learning. Continuing education is much more than a professional obligation, it represents the pursuit of personal improvement and professional evolution. The quantity of evidence-based information is staggering related to the competency domains requisite of the fitness professional. Even seasoned experts maintain only a small amount of knowledge compared to that which exists. Therefore anyone who actually believes they know all there is to know about human health and performance is demonstrating their significant ignorance. It is not a factor of what one needs to learn for continuing education as much as what small area should one concentrate on at this particular time.

Deciding on the right continuing education requires some forethought and planning. Each decision affects an individual with regard to costs in time and money as well as return on investment, specifically the outcome in applicable knowledge and skills. Factors that warrant consideration include organization CEU category requirements, defined scope of profession, professional interest, cost per CEU, time to completion, individual learning style, knowledge or skill deficiencies, service expansion, improved professionalism and reduced risk for liability. Each area has specific relevance for the fitness professional and should be weighed in the decisions regarding continued learning pursuits.

To enhance diversity in learning, continuing education coursework falls under different categories set by the NCSF Board for Certification Committee on Continued Education. Each category allows for a defined quantity of education

credit. For instance, CEU's from the NCSF approved providers satisfy all the requirements for recertification, whereas those that come from non-approved categories can only account for 60% of the CEU's needed for renewal. "Non-approved" CEU's simply means the provider has not applied for organizational review and approval, so the content and its relative depth are unknown. Non-approved coursework is not necessarily lower quality from an educational standpoint, it simply has not undergone the necessary review and approval.

Other categories include professional work such as presentations at conferences and clinics, publishing articles, college course work, completing correspondence courses and fulfilling CPR/AED certification requirements. Before selecting a CEU it is important to know where the credit fits in the CEU categories and if it will effectively contribute to recertification requirements. Over committing to a single category may cause one to default on recertification because the activities did not comply with requirements for recertification even though the total hours of participation equal the requisite 10 CEU's required for renewal.

Selecting coursework that falls under the scope of practice of personal training is another important consideration. Participating in continued education that encompasses education and training related to another profession's job tasks does not qualify for continued education because it is not within the competency domains of the certified personal trainer. Additionally, participating in coursework related to the competencies of another profession does not qualify anyone acting as a personal trainer to engage in activities of that profession, particularly if a defined scope of practice and appropriate regulations govern that profession. Some areas which could potentially cross boundaries include

coursework in nutrition, rehabilitation, and body manipulation. Caution should also be applied to programs that “certify” individuals after a weekend workshop or correspondence course in the aforementioned areas. Many questionable companies offer numerous certifications which unethically encroach on other professions, and engaging in the activities empowered by the invalid certification could cause serious legal problems. In the dark areas of the fitness industry one can get a piece of paper that says they are certified in almost anything so it is important to be very cautious. The NCCA accreditation is the best tool to identify if a certification can meet legal challenges of competency assurance. Be sure to verify that the actual certification you are earning, and not simply another certification from the same provider, is NCCA accredited.

A certificate of completion is not the same as a professional certification or a professional certificate for which there are standards and guidelines. Any valid course will offer a certificate of completion with the designated CEU value and relative approvals, if it has been presented to the organization for review. The certificate of completion should have the dates and contact hours and be signed by the instructor or presenter. A good rule of thumb is to check if the course is approved and if not check the credentials of the educator. Instructors with graduate degrees are generally most acceptable with doctoral degrees preferred. This does not mean a person has to have a PhD to teach a course but it helps qualify the educational value when courses fall under non-approved categories.

Sometimes the considerations for continued education are a matter of personal interest, budget, and time availability. People often retain more information in areas of interest because it better captures and holds their attention. Finding educational coursework that incites cerebral inquiry will increase the likelihood of timely completion and personal satisfaction with the learning process. For most people, time and program costs often dictate participation in one course of interest above another. CEU costs and the amount of time to complete the coursework can range rather dramatically, particularly if travel is involved or the course is offered at a college/university. Oftentimes, the cost indicates the quantity of education but that is not always the case. Due to reporting deadlines it is also wise to evaluate the timeline to completion. High value CEUs sometimes take longer than participating in

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multiple activities totaling the same CEU value, which ironically can actually be done in a shorter period of time.

Individual learning style is another consideration that often dictates time to completion and learning outcomes. Correspondence courses for instance, are flexible and convenient but require due diligence because they do not have a beginning time and an end time like a class does, nor do they place tangible time commitments on the user. If one is not motivated to put in routine effort these courses can be placed on the back burner and never get completed. Retention of the information also holds

relevance so selecting courses that serve a particular learning style generally provide better return on your investment. Hands-on learning is often more effective for information retention than watching a video demonstration of the same activity.

As continued education pertains to professional development it makes financial sense to select activities that will make one a better trainer. Step one is identifying deficiencies in one’s knowledge base and step two is analyzing how that impacts service limitations. Low competency, in general, is associated with an increased risk for liability, but this is also the case when offering services in areas where one has limited expertise. The goal is to select continuing education that makes one a better trainer, which will often translate into a more productive trainer. Although everyone needs a niche, diversity in expertise allows for a larger service market which can often affect one’s bottom line.

Professional liability justifiably warrants inclusion in the matrices of continued education coursework. Courses in professional conduct and ethics, CPR/AED training, risk management, and the related can all contribute to an improved personal service brand and reduced risk for liability. The reason it is difficult for personal training to attain respect and inclusion amongst the other allied health professions is the variability of professionalism and competency within the profession. Professional appearance, language, and how one interacts with others send a visual and cognitive message about one’s knowledge and abilities whether factual or not. Becoming familiar with standards of practice, the code of professional ethics and voluntary guidelines of best practices will certainly improve one’s own business as well as the business of personal training as a whole. ●

CEU Quiz

Continuing Education

- The quantity of evidence-based information is staggering, but several experienced fitness professionals maintain most of that information in their memory.
 - True
 - False
- Which of the following is an important consideration when deciding on a particular course of action concerning continued education?
 - Cost of the course
 - Return on investment
 - Resulting applicable knowledge/skills
 - All of the above
- Non-approved coursework can account for up to _____ of the requirements for NCSF recertification.
 - 40%
 - 50%
 - 60%
 - 65%
- Non-approved coursework is less valuable from an educational standpoint versus approved coursework.
 - True
 - False
- Who sets the categories for the NCSF continuing education coursework?
 - Members
 - Certified Personal Trainers
 - The Senate
 - The Board for Certification Committee on Continued Education
- Which of the following is **NOT** a category for attaining CEUs for re-certification?
 - Training clients
 - Publishing articles
 - Updating CPR/AED certifications
 - Completing correspondence courses
- Completing all required coursework from one category may lead to unsuccessful completion of all the required units.
 - True
 - False
- According to the article, which of the following will likely overlap with the scope of profession for personal trainers?
 - Nutrition
 - Body manipulation
 - Rehabilitation
 - All of the above
- Expensive courses always offer the most educational value.
 - True
 - False
- Which of the following does **NOT** affect how one is perceived professionally?
 - Appearance
 - Language
 - One's automobile
 - Social interaction

Quiz Answer Form

FIRST NAME _____ LAST NAME _____ M.I. _____

TITLE _____

ADDRESS _____ APT. _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COUNTRY _____ POSTAL CODE _____

CERTIFICATION NO. _____ CERTIFICATION EXP. ____/____/____

MEMBERSHIP NO. _____ MEMBERSHIP EXP. ____/____/____

Quiz Name	Member Price	Total
	\$15	



Discover



Visa



Mastercard



Amex



Check/Money Order

Account No. _____

Exp. Date _____

Security Code _____

Signature _____

Date _____

Quiz Answers

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Fill in each blank with the correct choice on the answer sheet. To receive 0.5 CEUs, you must answer 8 of the 10 questions correctly.

Please mail this Quiz answer form along with the proper enclosed payment to:

NCSF
5915 Ponce de Leon Blvd., Suite 60
Coral Gables, FL 33146

Questions? 800-772-NCSF