

Your NASM certification demonstrates your commitment to excellence. In order to maintain your credential, you will need to meet the following recertification requirements:

RECERTIFICATION REQUIREMENTS CHECKLIST:

Completion of continuing education units (CEUs)

- Continuing Education activities are intended to promote the development of professional skills, knowledge and judgment. CEUs are awarded based on the number of hours spent in a structured educational format. **A minimum 2.0 CEUs (20 contact hours) is required for the Personal Trainer Certificate (CPT) renewal. A minimum of 1.9 CEUs (19 contact hours) is required for the Certified Sports Nutrition Coach (CSNC) and Certified Wellness Coach (CWC) renewals.**

CEU credits from the following categories are accepted:

- Category A: NASM Workshops, NASM courses, and authorized Continuing Education Providers.
- Category B: Industry Contributions.
- Category C: Accredited onsite college and university courses in accepted subject areas: Anatomy, Exercise Physiology, Sports Psychology, Nutrition, Kinesiology, and/or Physical Therapy.
- Category D: CPR/AED certification - The **CPR/AED** certification is a **MANDATORY** requirement for the CPT certification. All CPR/AED courses are worth 0.1 CEU (one contact hour). Examples of approved providers include: American Safety Training Institute, American Heart Association, and American Red Cross.

Note: If you have CEU credits that do not fall into the above categories, you will need to complete the NASM CEU Petition Application.

Payment of the Renewal Fee (not applicable for CWC or Recertify For Life candidates)*

*Payment should include any applicable late fees.

Submission of this completed application (Pages 2&3) including all CEU and CPR/AED supporting documentation

HOW TO SUBMIT

STEP 1: Fill out contact and continuing education information.

STEP 2: Make your payment online at www.nasm.org or by phone at 800-460-6276.

STEP 3: Sign and date this application.

STEP 4: Email or mail **complete** documentation*. Please include:

- This application (with proof of a name change if applicable.)
- A copy of the documents that validate your earned CEUs.



CERTIFICATION RENEWAL APPLICATION

STEP 1:

WHAT NAME IS ON YOUR EXISTING CERTIFICATE(S)?

FIRST NAME _____ LAST NAME _____

HAS YOUR NAME CHANGED? _____ YES _____ NO If your name has changed since your current certificate was issued, please submit a copy of the legal proof of your name change with your CEU documentation.

PHONE (_____) _____ EMAIL _____

ADDRESS _____
Street City State/Zip

CONTINUING EDUCATION UNITS

Please submit a **copy** of each required document with your application. Documents will not be returned. CEUs must be earned within 24 months of your credential start date.

CATEGORY #	CEU TYPE	REQUIRED PROOF
A	NASM Courses & Approved Providers	Copy of the Certificate of Completion
B	Industry Contributions	Letter of acknowledgement, copy of article, outline
C	Collegiate Coursework	Copy of the official transcript
D	CPR/AED Certification (<i>mandatory for CPT</i>)	Copy of the Front and Back of card or digital certificate

CATEGORY #	CEU PROVIDER NAME	# CEUs
D	<i>CPR/AED (Mandatory for Personal Trainer Certificate):</i>	



CERTIFICATION RENEWAL APPLICATION

WHICH CERTIFICATION(S) ARE YOU RENEWING?

Certification	Certificate Number	Exp. Date	\$399* Recertify for Life	\$99 Renewal Fee	\$30 Late Fee**	Sub-Total
Personal Trainer Certificate			\$	\$	\$	\$
Certified Sports Nutrition Coach			\$	\$	\$	\$
Certified Wellness Coach			\$	\$ N/A	\$	\$
				TOTAL		\$

* Never pay another recertification fee for your certificate(s). One Recertify for Life payment will apply to all current NASM/AFAA certificates. You are still required to submit your recertification application and provide all supporting documentation each recertification cycle. Late fees still apply.

**A Late Fee is required for each application received 1-90 days after the certificate expiration date.

STEP 2: Make your recertification payment online at www.nasm.org or by phone at 800-460-6276.

IMPORTANT: We will only process paid in full and complete applications. All fees are non-refundable. Please allow 30 days for processing. We will attempt to contact you by email if your application is incomplete. If the application remains incomplete after 30 days, you will be required to resubmit your application and payment of any additional late fees.

STEP 3: SIGNATURE

- The information contained on this report is a true and accurate statement of my continuing education activities.
- I am aware that falsification of this report may result in the revocation of my credential.

Date: _____ Signature: _____

STEP 4: EMAIL THIS APPLICATION AND ALL SUPPORTING DOCUMENTS TO:

EMAIL: recerts@ascendlearning.com

*Application, CPR/AED card and supporting documentation must be submitted in **one** PDF file. Please do not send a Google drive link.