

Ongoing Education Process

To continue to register as an exercise professional, all individuals must undergo ongoing education and training to keep their skills, knowledge and competencies current. To measure this, REPs will use a system of Continuing Education Credits (CECs), with CECs being allocated to both REPs courses, and working in the industry.¹

Continuing Education Credits (CECs)

To re-register individuals must have undertaken at least 20 CECs over the previous year, and at least 60 CECs over the previous two years (this last part is waived for the first year of re-registration). In the case of Exercise Assistants – only 10 ten CECs needs to be achieved each year.

As CECs can be obtained by working in the role as an exercise professional, for most individuals the ongoing education process means that every second year some sort of formal training/course that meets REPs standards will need to be undertaken.

How to receive CECs

For Foundation/Prescriptive Registrations

Method	Number of CECs	Notes
GetNZ Active Conference	20 CECs	Individual must attend the full two day Conference
Approved courses	Depending on the course	There is a maximum of 50 CECs from any one course. NB: Courses outside New Zealand can apply for this.
BusinessGrow	10 CECs – full day 5 CECs – half day	BusinessGrow is run in two streams. Firstly the main BusinessGrow day, secondly the half day PT Workshop @ BusinessGow.
Working in the industry in the last year	10 CECs per 250 hours of exercise delivery. For group exercise – 10 CECs per 50 classes.	Maximum 20 CECs per year from this method.
Overseas Conferences or Conferences in related industries	Variable	Regular exercise related overseas conferences that many New Zealanders attend, such as Filex (Sydney) or IHRSA (the US), will be awarded CECs each year. If you attend other conferences (such as Sports Science or a Physiotherapy Conference) you may apply to REPs in writing to have CECs awarded. It is advisable to apply in advance of attendance.

¹ In 2003 and 2004 REPs used the term Recognition of Currency (ROCs). This was changed to Continuing Education Credits (CECs) to bring the terminology in line with other registration systems around the world. If you are reading earlier REPs documentation you can interchange ROCs and CECs. Also, originally it was two ROCs per year, and now it is 20 CECs (one ROC = 10 CECs), there has been no change to the amount of ongoing education required, just what credits each course is given.

Notes

- In all cases it is expected that you do at least 50% of the required course based CECs in the field of registration (e.g. a personal trainer must do at least 10 CECs every two years in topics related to Personal Training).
- Individuals that repeat the same course for CECs will have the credit for that course declined unless the course has changed by more than 50% (verification from the education provider required).
- An individual registered at two levels (e.g. Group Exercise and Personal Trainer) still only needs to obtain the 20/60 credits. However, they must do at least 10 CEC every two years from each area.
- Should an individual's registration lapse due to not meeting the ongoing education requirements, as long as they meet these requirements within 90 days of expiry, and pay the appropriate re-registration fee, the individual's registration will be backdated to the original expiry date, with no "1st time application fee" required. Where an individual's registration lapses for more than 90 days, the first time application fee is payable (as further administration is required).

How courses get approved for CECs

Courses applying for recognition by REPs go through a verification process. The process for this is outlined in the application form found on the REPs web site (in summary REPs checks the course content and processes to ensure they are to a high standard). While the majority of courses that have CECs attached will be from education providers, some large workplaces with robust and established training programs that meet standards set by REPs will be able to have some of their internal training qualifying for CECs. The details of this are contained in the application form for CECs (available from the REPs web site).

Special Cases

REPs understand that in some special cases, individuals may not be able to undertake REPs registered courses, but will still maintain their ongoing education in other ways. For example, a Yoga instructor who takes part in a US based training program every year, or a Personal Trainer that trains only elite athletes that undertakes ongoing sports coaching training which covers exercise topics.

In these cases an individual may apply in writing to REPs outlining:

- (1) Why their circumstances are unique
- (2) Why the courses they are attending enable them to maintain their skills and competencies (the courses must be able to be identified and verified as of a high standard)

This application must be done at least six months in advance of their application for re-registration and also pay a small review fee (\$25) for their application to be reviewed by an exercise expert.

NOTE: It is not intended that many individuals will use this option, especially when they are in common industry roles (e.g. teaching aerobics, or as "gym instructor"), but REPs wants to be flexible enough to recognise exceptional cases.

Ongoing Education Process – Updated May 2008