

## MedFit Classroom CEUs | Online Courses

MedFit Classroom Specializations require 10 CEUs every 2 years to maintain your Specialist title. You can fulfill these CEUs by enrolling in other MedFit specialist courses (a specialist course will provide the required 10 CEUs), or enrolling in MedFit's shorter online courses (below). *See the chart below to review what CEUs you will receive by course.*

↓ Course Providing CEUs ↓	↓ Specialization Requiring CEUs & No. Of CEUs provided↓																						
	ADFS	AZDFS	AFS	CRFS	DARFS	FFS	GFLS	JRFS	LLFS	MFS	MFYS	MENO	MenoFS	MSFS	ObFS	OrFS	OFS	PDFS	RDFS	SMFS	SRFS	T2DFS	WMFS
Autism Spectrum Fitness Training	3	0	0	0	3	0	0	0	0	3	3	0	0	0	3	0	0	0	3	0	0	3	3
Awareness: The Key to Unlocking Personal Freedom	0	0	0	0	4	4	0	0	4	0	4	0	4	0	0	0	0	0	4	0	0	0	4
CTRL+ALT+DEL: Lifestyle Reprogramming	0	0	0	0	2	2	2	0	2	0	2	0	2	0	0	0	0	0	2	0	0	0	2
Discover Your Life with Breath As Medicine	7	7	7	7	7	7	7	7	0	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Eating Disorders: What Fitness Pros Need to Know	0	0	0	0	5	5	0	0	0	5	0	5	5	0	5	0	0	0	5	0	0	0	5
Fit PACE – Alcohol, Addiction, and Exercise	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Foundations of Wellness & Lifestyle Coaching	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
Genetic Testing and the Fitness Pro	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	0	2.5	2.5	2.5
Joints of the Human Body	6	0	10	0	6	10	6	6	0	10	10	6	6	10	6	10	10	10	10	6	10	0	10
Medical Fitness I.M.P.A.C.T. Plan	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	0	4.5	4.5	4.5
Planes of Motion	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5
Pre- and Post Natal Exercise	0	0	0	0	0	0	0	0	0	3.5	0	3.5	0	0	3.5	3.5	0	0	0	0	0	3.5	3.5
Tranquil Breathing	0	0	0	2	2	2	2	0	2	0	2	0	2	0	0	0	0	2	2	0	2	2	2

### Specialization Abbreviation Key

Adaptive Fitness Specialist (**ADFS**)  
 Alzheimer's Disease Fitness Specialist (**AZDFS**)  
 Arthritis Fitness Specialist (**AFS**)  
 Cardiac Rehab Fitness Specialist (**CRFS**)  
 Drug & Alcohol Recovery Fitness Specialist (**DARFS**)  
 Fibromyalgia Fitness Specialist (**FFS**)  
 Geriatric Fitness & Lifestyle Specialist (**GFLS**)  
 Joint Replacement Fitness Specialist (**JRFS**)

Longevity Lifestyle & Fitness Specialist (**LLFS**)  
 Medical Fitness Specialist (**MFS**)  
 Menopause Fitness Specialist (**MENO**)  
 Menopause Health and Fitness Specialist (**MenoFS**)  
 Multiple Sclerosis Fitness Specialist (**MSFS**)  
 Obesity Fitness Specialist (**ObFS**)  
 Orthopedic Fitness Specialist (**OrFS**)  
 Osteoporosis Fitness Specialist (**OFS**)

Parkinson's Disease Fitness Specialist (**PDFS**)  
 Respiratory Disease Fitness Specialist (**RDFS**)  
 Sports Medicine Fitness Specialist (**SMFS**)  
 Stroke Recovery Fitness Specialist (**SRFS**)  
 Type 2 Diabetes Fitness Specialist (**T2DFS**)  
 Weight Management Fitness Specialist (**WMFS**)