



Lionel University Personal Trainer Certificate Renewal Guidelines

Personal Trainer Certificate Renewal Guidelines

To support Lionel University's commitment to protect health and safety, the Lionel University Personal Trainer credential must be renewed every two (2) years. This ensures that Lionel University professionals are current with best practice guidelines, promotes continued competence, and development of knowledge beyond the levels required for entry-level practice.

CEU Requirement

The number of CEU's required is 2.0.

- CEU's are based on contact hours. Contact hours are defined as the number of clock hours spent in direct participation in a structured educational format.
- One (1) contact hour is equivalent to point-one (0.1) CEU.
- One CEU (0.1) must come from a CPR/AED certification.
- This is equivalent to 20 hours of approved live or online educational content applicable to the field. For example content relevant to the of personal training such as content related to: strength coaching, anatomy, physiology, nutrition, kinesiology, motivational psychology, behavior change, fitness business, injury prevention.

Renewal Fees

Every Lionel University Personal Trainer credential holder is required to submit a completed renewal application every two years with a renewal fee of \$99. This fee is an administrative fee that supports activities required of the Lionel University Recertification Department. The late renewal fees are: \$30 for applications received up to 90-days post-expiration and \$50 for applications received after the 90-day grace period and before one year after credential expiration.

Expiration of Credential

The Lionel University Personal Trainer credential will expire if all renewal requirements have not been met by the expiration date. Renewal Applications can be submitted up to one year late if all continuing education courses have been completed before or within 90 days of the certification expiration date. Additional fees will apply.

Petition Policy for Continuing Education

Non-Lionel University-approved continuing education courses can be reviewed by petition only. A \$25 non-refundable administrative fee is required for each course/event petitioned.



Renewal Audit

There will be a random audit performed on all renewal applications submitted. If your application is chosen for audit, you will have 30 days to submit all supporting documentation to the Lionel University Recertification Department.

Change of Address

Changes in mailing address must be provided to the Lionel University Recertification Department. You can keep your member information current by logging onto your member page from our website.

Category Requirements

Maximum Number of CEU's Accepted Per Category

Total Required	Category A Maximum	Category B Maximum	Category C Maximum	Category D Maximum
1.9 CEU's	1.9	1.9	1.9	0.1

Category A – Lionel University Courses and Approved Industry Providers Offerings

Activities in this category include Lionel University courses and courses that have been approved by other industry providers.

Possible Activities	Number of CEU's	Required Documentation
Workshops	As awarded by Lionel University other industry providers.	Certificate of attendance
Conferences	As awarded by Lionel University other industry providers.	Certificate of attendance



Symposiums	As awarded by Lionel University other industry providers.	Certificate of attendance
Home-study Courses	As awarded by Lionel University other industry providers.	Certificate of completion
Lionel University-Credential Courses	As awarded by Lionel University other industry providers.	Certificate of completion
Other Approved Certifications	As awarded by other industry providers.	Certificate of completion

A maximum of 1.9 CEU's can be obtained in Category A.

- Lionel University will determine the number of CEU's awarded for approved activities in this category.
- All conferences, workshops, and symposiums must be intended for an audience of Exercise Science and fitness professionals.

Category B – Industry Contributions

Activities in this category have been defined by Lionel University.

- Speaking engagements can be counted only once per topic.
- Topic must be related to health and fitness.

A maximum of 1.9 CEU's can be obtained in Category B.

Possible Activities	Number of CEU's	Required Documentation
Speaker at a conference	0.1 CEU/contact hour	Letter of acknowledgement (include description of topic and length of time), Outline of notes
Panelist at a conference	0.1 CEU/contact hour	Letter of acknowledgement (include description of topic and length of time), Outline of notes
Primary author in a peer-reviewed publication*	0.5 CEU's	Copy of article; writer guidelines



Primary author in a textbook	0.5 CEU's	Copy of cover, table of contents, 500-word summary of contribution to industry
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*A peer-reviewed publication is one that has been reviewed by an editor and one (or more) specialists prior to its publication.

Category C – Post-Certification Collegiate Coursework

CEU's are awarded for successful completion of Lionel University Course or other university courses, if the content falls within the Performance Domains defined by the most current Job Analysis Study.

- For a course to be eligible, credit hours must be assigned and listed on the official university transcript.
- Point-one CEU credit hour (0.1) is awarded for each semester credit hour (e.g., a 3-credit course receives 0.3 CEU's).

A maximum of 1.9 CEU's can be obtained in Category C.

Possible Activities	Number of CEU's	Required Documentation
College/official university course	0.1 CEU per official credit hour	Official university transcript

- Acceptable courses include those specifically included in the following degree programs: Athletic Training, Biology, Biomechanics, Community Health, Emergency Medical Technician, Ergonomics, Exercise Physiology, Exercise Science, Health Science, Human Movement Science, Kinesiology, Massage Therapy, Nursing, Nutrition, Physical Education, Physical Therapy, and Sport Science.
- General Education requirements are accepted only with relevance to the health & fitness industry (e.g. Biology, Biomechanics, Business Administration, Communications, Exercise Physiology, Human Anatomy, and Human Physiology).
- Practicum courses, internship experiences, and laboratory-format courses are acceptable for CEU credit.



Category D – Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Certification: REQUIRED

CEU's earned in this category are REQUIRED.

- Candidates must maintain and provide proof of current Cardiopulmonary Resuscitation (CPR) and automated external defibrillator (AED) certification.
- Recommended providers include:
 - Resuscitech
 - ASTI
 - American Heart Association
 - American Red Cross
 - American Safety and Health Institute
 - National Safety Council

Only 0.1 CEU's can be obtained in Category D.

Possible Activities	Number of CEU's	Required Documentation
Courses providing required CPR/AED certification	0.1 CEU	Front & back copies of current certification card(s)

How to renew your Lionel University Personal Trainer credential:

1. Go to Lionel.edu/Recertify
2. Complete Form
3. Include documentation of continuing education courses (e.g., copies of CEU certificates of completion). A total of 2.0 Lionel University-approved CEU's are required.
4. Click Submit. You will then be emailed any fees that are required to complete your recertification process