

PROFESSIONAL-DEVELOPMENT ACTIVITY TYPES

CROSSFIT PROFESSIONAL DEVELOPMENT NO MINIMUM CEUS REQUIRED

- CrossFit Professional Development is an educational activity presented by CrossFit Inc. All CrossFit educational content is pre-approved.
- CrossFit Courses and Seminars may be attended multiple times, but CEUs will only count once during a single recertification interval.
- Participation on advisory board and as speakers/panelists may only count toward CEUs one time per topic.
- CrossFit judging, event coordination, or presenting must be completed at an event run by CrossFit Inc. (e.g. The Games, Regionals, or Affiliate Gatherings).
- Authored articles published in the CrossFit Journal can be counted for credit for original educational content; credit will not be given for review articles, interviews, or workout videos. Article must be published within the recertification interval. Note: Submitting an article is not a guarantee of publication. Publication screening is a competitive process that may take several months. Journal staff cannot respond to inquiries on the status of a submission. Applicants are encouraged to submit articles well before recertification deadline, as publication will not be prioritized to coincide with recertification.

POSSIBLE ACTIVITIES	NUMBER OF CEUS	DESCRIPTION FOR ACTIVITY LOG	DOCUMENTATION TO SUBMIT AND RETAIN
CrossFit Courses (includes all CrossFit Seminars and CrossFit Specialty Seminars)	1 CEU per contact hour	Program title, instructor, date completed, CEUs earned	Certificate of attendance or trainer certificate
CrossFit speaker/panelist or advisory board	1 CEU per contact hour	Event title, presentation title, date of event, CEUs earned	Copy of Professional Development Participant Form
CrossFit judge, coordinator, or presenter at a CrossFit Inc. event	1 CEU per contact hour	Event title, date of participation, CEUs earned	Copy of Professional Development Participant Form
CrossFit online courses	1 CEU per contact hour	Program title, instructor, date completed, CEUs earned	Certificate of completion
Author published CrossFit Journal article	3 CEU per article	Article title, date published, CEUs earned	Copy of notification for publication