

YMCA Continuing Education FAQs

Q: WHAT IS THE DIFFERENCE BETWEEN AN ACE CERTIFICATION AND A YMCA FOUNDATIONS CERTIFICATION?

- + ACE offers four certifications that are accredited by the National Commission for Certifying Agencies (NCCA), the gold standard in the U.S. for assessing professional competence—Personal Trainer, Group Fitness Instructor, Health Coach and Medical Exercise Specialist.
- + To help YMCA instructors and staff more effectively serve members participating in healthy living programs, ACE created the YMCA Foundations of Group Exercise and YMCA Foundations of Strength & Conditioning courses, both designed to provide foundational knowledge of exercise and movement science.
- + These YMCA Foundations Courses are not accredited by the NCCA. While the YMCA Foundations courses are not meant to replace ACE's NCCA-accredited programs, they will help instructors and staff more effectively engage participants with safe exercise.

To learn more about NCCA accreditation and ACE Certifications, visit www.ACEfitness.org/NCCA.

To learn more about YMCA Foundations Certifications, log in to your [YMCA Exchange account](#).

Q: HOW DO YOU BECOME ACE CERTIFIED VERSUS YMCA FOUNDATIONS CERTIFIED?

- + To become ACE Certified, an instructor must meet the ACE exam requirements and then take and pass the computer-based ACE exam.
- + To become YMCA Foundations Certified, an instructor must take one of the YMCA Foundations courses—YMCA Foundations of Group Exercise or YMCA Foundations of Strength & Conditioning—along with the following courses, which are all available in the LCDC:
 - YMCA Foundations of Listen First
 - YMCA Orientation to Healthy Living
 - YMCA Principles of Member Health & Wellness
 - Group Exercise at the YMCA (specific to Group Exercise)
 - Wellness Center at the YMCA (specific to Strength and Conditioning)

To learn more about the ACE Certification requirements, visit www.ACEfitness.org/Exam.

To learn more about the YMCA Foundations Certification requirements, log in to your [YMCA Exchange account](#).

Q: HOW DO YOU RENEW YOUR ACE CERTIFICATION VERSUS YOUR YMCA FOUNDATIONS CERTIFICATION?

- + Both ACE and the YMCA require their professionals to earn continuing education credits (CEC) every two years to maintain their status as a certified health and fitness professional. The YMCA requires 10.0 credits (10 hours), and ACE requires 2.0 credits (20 hours).
- + **For ACE Certification renewal:**
 1. Log in to your ACE Account
 2. Load your CECs into your account via the tracking feature (if you took an ACE course, the CECs will automatically appear within your account)
 3. Pay the renewal fee
- + **For YMCA Foundations Certification renewal:**
 1. Log in to LCDC
 2. Navigate to "My Records"
 3. Click on "Online Applications and Uploads"
 4. Select "Submit Recertifications Credits"
 5. Select "Health and Well-being" as the certification category
 6. Select the certification you wish to renew
 7. Fill out the fields and upload the requested documents for proof of completion
 8. Click "Submit"
 9. Upon completing 10 YMCA CECs within the 2-year expiration period of either YMCA Foundations Certification, your recertification will automatically be processed and renewed.

For questions on ACE and YMCA continuing education, email YMCA@ACEfitness.org.

Q: HOW DO YOU EARN CECs TO RENEW YOUR ACE CERTIFICATION OR YMCA FOUNDATIONS CERTIFICATION?

- + You can earn ACE CECs by:
 - Taking ACE continuing education courses listed at www.ACEfitness.org/ConEd
 - Taking courses from ACE Approved Providers listed at www.ACEfitness.org/ApprovedProviders
 - Taking a course from another provider who has NOT been approved for ACE CECs and petitioning it to count toward ACE CECs through your ACE Account at www.ACEfitness.org/MyACE
- + You can earn YMCA CECs by:
 - Taking discounted ACE courses listed within the LCDC (course descriptions can be found at www.ACEfitness.org/YMCA-ConEd)
 - Taking any ACE course listed at www.ACEfitness.org/ConEd
 - Taking YMCA courses with designated CECs listed within the LCDC
 - Completing 30-60-90-day onboarding practicum evaluations found in YMCA supervisor toolkit
 - Taking courses by other providers who fit within the YMCA Continuing Education Guidelines
 - Taking a course from another provider who has been approved for ACE CECs

Q: DO THE INDIVIDUAL COMPONENTS OF THE YMCA FOUNDATIONS CERTIFICATION COUNT TOWARD ACE CECs?

+ No. These YMCA components do not count toward ACE CECs. However, these components do count toward YMCA CECs that add up to 2.5 YMCA CECs. This means that becoming YMCA Foundations Certified automatically gives you 2.5 YMCA CECs you can use toward the renewal of your YMCA Foundations Certification.

Q: WHAT IS THE CEC VALUE OF ACE AND YMCA COURSES?

COURSE NAME	CREDITS EARNED
ACE courses	YMCA: 1 CEC per hour of instruction ACE: .1 CEC per hour of instruction
YMCA Foundations of Listen First	YMCA: 1 CEC ACE: No credit
YMCA Orientation to Healthy Living	YMCA: .5 CECs ACE: No credit
YMCA Principles of Member Health & Wellness	YMCA: .5 CECs ACE: No credit
Group Exercise at the YMCA	YMCA: .5 CECs ACE: No credit
Wellness Center at the YMCA	YMCA: .5 CECs ACE: No credit

Q: I OFFER A COURSE THAT I WOULD LIKE TO HAVE APPROVED BY ACE FOR CECs. HOW DO I GET MY COURSE APPROVED?

+ Any training, workshop or course created with the intent of seeking ACE CEC approval must go through the ACE Education Provider Approval process at www.ACEfitness.org/BecomeAProvider.