



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF THE USA HEALTH & WELL-BEING EQUIVALENCY CERTIFICATIONS January 2016

Earning a YMCA Group Exercise Instructor Certification or YMCA Strength and Conditioning Instructor Certification via Equivalency

Y-USA's Foundational Health & Well-being certifications can also be earned by submitting certain certifications from accredited organizations as "equivalents" to *Foundations of Group Exercise at the Y (Offered by ACE)* and *Foundations of Strength and Conditioning at the Y (Offered by ACE)* courses.

Earning an equivalency certification means that if you have one of the certifications listed below from the corresponding certifying organization, Y-USA will then recognize that certification as a substitute for the *Foundations of Group Exercise at the Y (Offered by ACE)* and *Foundations of Strength and Conditioning at the Y (Offered by ACE)* courses, when the Foundations Instructor courses are listed as a requirement or prerequisite for other Y-USA certifications.

Equivalency Guidelines

1. Applicants must have the following courses listed on their YMCA transcript:

Requirements to Upload An Equivalency Certification

[Orientation to Healthy Living at the Y](#)

[Foundations of Listen First](#)

[Principles of Member Health & Wellness](#)

[Group Exercise at the Y](#) or [Wellness Center at Y](#)

2. Applicants must also have a current CPR license uploaded to their LCDC profile.
3. Applicants must pay a fee of \$25.00 for their application to be submitted.

Fee is not assessed for applicants with accepted ACE certifications

Y-USA will continue to recognize your equivalent certification as long as you keep it current by recertifying it through the specific certifying organization, providing Y-USA proof of your continued certification and paying Y-USA certification fees.

Certifications recognized within the Y-USA training system as meeting the requirements for *YMCA Foundations of Group Exercise* (Instructor level):

American Council on Exercise
Group Fitness Instructor

American College of Sports Medicine
Certified Group Exercise Instructor

Aerobics and Fitness Association of America
Primary Group Exercise Instructor

National Exercise Trainers Association
Certified Group Exercise Instructor

Certifications recognized within the Y-USA training system as meeting the requirement for *YMCA Foundations of Strength and Conditioning* (Instructor level):

Academy of Applied Personal Training
Education
Certified Personal Fitness Trainer

Aerobics and Fitness Association of America
Personal Training Certification

American College of Sports Medicine
Certified Personal Trainer
Exercise Specialist
Certified Health/Fitness Specialist
Certified Clinical Exercise Specialist
Registered Clinical Exercise Physiologist
Certified Inclusive Fitness Trainer
Certified Cancer Exercise Trainer

American Council on Exercise
Advanced Health and Fitness Specialist
Personal Trainer

The Cooper Institute
Personal Trainer Certification

International Fitness Professionals Association
Certified Personal Fitness Trainer

National Academy of Sports Medicine
Certified Personal Trainer

National Council for Certified Personal Trainers
Certified Personal Trainer

National Council on Strength and Fitness
National Certified Personal Trainer

National Exercise and Sports Trainers
Association
Certified Personal Fitness Trainer

National Exercise Trainers Association
Certified Personal Trainer

National Federation of Professional Trainers
Certified Personal Fitness Trainer

National Strength and Conditioning
Association
Certified Personal Trainer

How to Upload an Outside License

An outside license is documentation from an outside agency which states an individual has completed a training curriculum or earned a certification from that agency according to that agency's standards. In the LCDC, outside licenses are currently AED, CPR, CPR + AED, CPR-PRO, First Aid, and Oxygen. Y-USA accepts only four major providers of certification:

- American Safety & Health Institute (ASHI)
- American Red Cross (ARC)
- American Heart Association (AHA)
- National Safety Council (NSC)

Y-USA guidelines require that CPR be renewed annually for Aquatics, regardless of the expiration date granted by the issuing agency. When you submit CPR or CPR-PRO in the LCDC, two CPR licenses will be generated upon approval: one each for Aquatics and Health & Well-being. The CPR license used for Health & Well-being courses may be valid up to two years.

Please note that only the basic level outside license is accepted; instructor level certification is not accepted.

1. Navigate to My Records.
2. Click on Online Applications & Uploads.
3. Select Submit Outside License.
4. Select the License that you are submitting (e.g. AED, CPR, CPR+AED, CPR-PRO, First Aid, Oxygen).
5. Enter the Expiration Date, Achieved Date and Validity Period in months.
6. Upload the license document requiring approval. Each license must be uploaded individually. Accepted file formats include .jpg, .png, .tif, .pdf, .doc, .docx. In order to approve the document your first name, last name, the provider name and the expiration date (or date issued including the number of years valid) must be clearly displayed.

Licenses are reviewed Monday through Friday between 9:00 AM – 5:00 PM, Central time. Licenses are reviewed within 24 hours of submission, excluding weekends.

How to Apply for Equivalency Certifications

To submit your equivalency from an outside organization, log in to LCDC (lcdc.yexchange.org) and follow these instructions. Please note you must have completed the prerequisite courses (listed on page 1) and have a current CPR License uploaded to your profile to apply.

1. Navigate to "My Records".
2. Click on "Online Applications & Uploads".
3. "Submit Outside Equivalency Course"
4. Select "Health & Well-being" as the certification category.
5. Select the YMCA course and equivalent course for the outside equivalency that you are submitting.
6. Enter the expiration date of the equivalent course.
7. Upload the equivalent course description. Each course must be uploaded individually. Accepted file formats include .jpg, .png, .tif, .pdf, .doc, .docx.
8. Upload proof of completion of the equivalent course. Accepted file formats include .jpg, .png, .tif, .pdf, .doc, .docx.
9. Check the validity box and select "Next" to be taken to the payment form.
10. Complete the payment process. Your application will be submitted and your certification listed on your YMCA transcript, pending Y-USA review of the submission.

You may check the status of your credit submission by navigating to My Learning, then clicking Submitted Applications, Licenses & Equivalencies.

Applications are reviewed Monday through Friday between 9:00 AM – 5:00 PM, Central time. Applications are reviewed within 24 hours of submission, excluding weekends.

Frequently Asked Questions Regarding Equivalency Certifications

I want to take a Y-USA course that requires *Foundations of Group Exercise at the Y (Offered by ACE)* or *Foundations of Strength and Conditioning at the Y (Offered by ACE)* as a prerequisite. Can I use my Equivalent certification in place of *Foundations of Group Exercise at the Y (Offered by ACE)* or *Foundations of Strength and Conditioning at the Y (Offered by ACE)*?

Yes, as long as you have followed the procedures as outlined above.