

How To Earn Professional Development Credits – PDCs

CHEK Institute Courses, Advanced Training Programs and Seminars - 1 PDC per contact hour

CHEK Institute-Trained Professionals will receive 1 PDC for each contact hour with a course or seminar. The CHEK Institute Education Department has pre-approved PDCs for CHEK Institute correspondence courses and Advanced Training Programs.

Professional Development Programs - 1 PDC per contact hour

Participate in an educational program, seminar and/or certification that is associated within the Health and Fitness Industry and receive 1 PDC for each contact hour with the program. Below is a sample list of disciplines within the Health and Fitness Industry to assist you in determining what is appropriate. Please note this is not a complete list and you may use any program you have participated in that will assist you with your practice.

Massage Therapy	Kinesiology	Wellness
Neuromuscular Therapy	Anatomy	Nutrition
Holistic Health	Chinese Medicine	Aromatherapy
Exercise Science	Herbology	Exercise Physiology
Personal Training	Acupuncture	Athletic Training
Sports Conditioning	Sports Nutrition	Biomechanics
Osteopathy	Homeopathy	Orthopedics
Rehabilitation	Naturopathy	Acupressure
Chiropractic	Physical Therapy	

Client Case Histories - 5 PDCs per Case History

Case Histories submitted for CHEK Practitioner Level 3 and CHEK Practitioner Level 4 count towards renewal. Case Histories must follow the guidelines on “Preparing Case Histories for CHEK Practitioner Level 3” or “Preparing Case Histories for CHEK Practitioner Level 4.” You can request this document by contacting the CHEK Institute Education Department.

Please note that this option is for CHEK Practitioner Level 2 and CHEK Practitioner Level 3 students only.

Submitting Articles to the CHEK Blog - 5 PDCs

Articles submitted for publication, whether published or not, will be awarded points as long as the article follows the submission guidelines and falls within the Professional Development Programs listed above or is relevant to the CHEK Institute and its members.

Get Published - 10 PDCs

If you submit an article to the CHEK Institute that is published in the CHEK Blog, you will receive 10 PDCs. Have an article published in any newsletter, newspaper and/or magazine for educational purposes (associated with the disciplines within the Health and Fitness Industry) and receive 10 PDCs with proof of the publication. A maximum of 2 published articles may be submitted for PDCs during each renewal period.

Book Review (1,500 word minimum) - 5 PDCs per book

The subject/main premise of the book must be associated with a discipline within the Health and Fitness Industry. The review is to be a minimum of 1500 words and should follow the Book Review Guidelines attached.

Present at a Convention/Conference or Give a Local Seminar - 5 PDCs

The session topic must be associated with one of the disciplines listed under Professional Development Programs on the previous page. You may only earn a maximum of 10 PDCs in this category per topic (may earn more than 10 PDCs with multiple topic presentations).

How to Write a Book Review

5 PDCs for each review

As you are reading, or preparing to write the review, ask yourself these questions:

1. What are the author's viewpoint and purpose?
The viewpoint or purpose may be implied rather than stated, but the introduction or preface is often a good place to look for what the author says about his or her purpose and viewpoint.
2. What are the author's main points?
Again, these will often be stated in the introduction or conclusion.
3. What kind of evidence does the author use to prove his or her points?
Is the evidence convincing? Why or why not? Does the author support his or her points adequately?
4. How does this book relate to other books on the same topic?
Is the book unique? Does it add new information? What group of readers, if any, would find this book most useful?
5. Does the author have the necessary expertise to write the book?
6. What are the most appropriate criteria by which to judge the book? How successful do you think the author was in carrying out the overall purposes of the book?

Depending on your book's purpose, you should select appropriate criteria by which to judge its success. For example, if an author says his or her purpose is to argue for a particular solution to a public problem, such as healthcare, then the review should judge whether the author has defined the problem, identified causes, planned points of attack, provided necessary background information and offered specific solutions. A review should also indicate the author's professional expertise.

In other books, however, authors may argue for their theory about a particular phenomenon. Reviews of these books should evaluate what kind of theory the book is arguing for, how much and what kind of evidence the author uses to support his/her scholarly claims, how valid the evidence seems, how expert the author is and how much the book contributes to the knowledge of the field.

Writing the Book Review

Although you should include what you feel is appropriate for explaining your assessment of a book, reviews generally include the following kinds of information.

Heading: Most reviews start off with a heading that includes all the bibliographic information about the book.

(Example: Title. Author. Place of publication: publisher, date of publication. Number of pages.)

Introduction: Like most pieces of writing, the review itself usually begins with an introduction that lets your readers know what the review will say. The first paragraph usually includes the author and title again, so your readers don't have to look up to find the title. You should also include a brief overview of the contents of the book, the purpose or audience for the book, and your reaction and evaluation.

Background: Reviews then generally move into a section of background information that helps place the book in context and discusses criteria for judging the book.

Summary: Next, the review gives a summary of the main points of the book, quoting and paraphrasing key phrases from the author.

Evaluation: Finally, reviewers get to the heart of their writing – their evaluation of the book. In this section, reviewers discuss a variety of issues:

- How well the book has achieved its goal
- What possibilities are suggested by the book
- What the book has left out
- How the book compares to others on the subject
- What specific points are not convincing
- What information you will be able to implement into your practice