Recertification Guide

30245 Tomas
Rancho Santa Margarita, CA
92688-2123 USA
Ph: 1-877-348-6692
Fx: 949-589-8216
Last Update 08/10

Recertification Program Overview

Achieving certification through the Mixed Martial Arts Conditioning Association (MMACA) as a Mixed Martial Arts Conditioning Coach (MMACC) ensures that you have achieved the necessary knowledge and ability to apply basic skills and concepts toward designing and guiding efficient, effective and safe training programs and operating your own mixed martial arts conditioning practice as a MMACC.

In order to ensure knowledge, skill and ability levels are not only maintained, but increased, and certification as a professional is upheld, the MMACA requires all Certified Mixed Martial Arts Conditioning Coaches to obtain continuing education on a consistent and continuous basis.

Continuing Education Requirements and obtainment of CEUs

The MMACA requires its certified Mixed Martial Arts Conditioning Coaches to complete 2.0 Continuing Education Units (CEUs) over a two year period. Each 0.1 CEU is worth one hour of study time or one contact hour in a live training format. Any program approved as continuing education for the NESTA Personal Fitness Trainer (PFT) program is also approved coursework for the MMACC. In addition, you may petition various martial arts or performance programs for continuing education credits (please see "Petition for CEUs" below).

The MMACA has chosen a two year time frame for renewal as scientific research and the application of that research changes over the course of a two year period. Mixed Martial Arts Conditioning Coaches must stay abreast of scientific research and its applications as it changes in order to continue to design efficient, effective and safe conditioning programming that is progressively challenging and rewarding at an individual level. MMACA certified coaches are encouraged to learn and obtain further education on a consistent and ongoing basis every year by attending a live training or completing a home study course at least once every 6-9 months and encouraged to exceed the required 2.0 CEUs for recertification.

Recertification Fees and Payment Options

The fee for recertification as a MMACA recognized Mixed Martial Arts Conditioning Coach is $149. Fees and recertification applications with the necessary CEU credits accomplished must be received by the MMACA on or before certification expiration date (as shown on the MMACA PFT Certification Award) to avoid late fees and ensure reception of certification renewal within 30 days of certification expiration.

Recertification applications with necessary completed CEUs and full fee payments are accepted and on time if submitted as early as 90 days prior to certification expiration and no later than the actual expiration date.

Recertification applications are considered late if not received complete on or before certification expiration date by the MMACA and may experience a delay in award of recertification.

Late applications for MMACA PFT recertification will be accepted by the MMACA between 1-90 days after expiration. Late applications will require an additional $25 fee every 30 days late up to 90 days. After 90 days following certification expiration, MMACC certification will be null and void. Formerly certified MMACA Conditioning Coaches who fail to comply with recertification polices and procedures will be required to retake the MMACC exam to be certified and recognized by MMACA.

Recertification Fee	**$149 (between 90-1 day(s) prior to expiration)**
Late Application Fee	**$25 (between 1-30 days late)**
	$50 (between 31-60 days late)
	$95 (between 61-90 days late)

Fees are payable by: Visa/MasterCard/Amex Money Order/Cashier's Check Company Check

CEU Category Descriptions

All coursework completed for CEUs and recertification must be completed following MMACC certification. Coursework must be completed from one of the three CEU categories listed below.

Recertification Fee	Required CEUs over two years	Category A	Category B	Category C
$149	2.0	College Coursework	Live Training	Home Study

Category A - College Coursework

- Any content for coursework completed at a college or university must fall within the performance domains of MMACC certification as described in below.
- Such coursework will be granted 0.2 CEUs for each quarter credit hour or 0.3 CEUs for semester credit hour (a quarter course worth 5 credits = 1.0 CEUs and a semester course worth 3 credits = 0.9 CEUs)

Category A Activity	CEUs Awarded	Required Documents
College/university course (semester)	0.2 CEUs per credit hour	Official transcript
College/university course (quarter)	0.3 CEUs per credit hour	Official transcript
Primary contributor to university research study	0.5 CEUs for 8 wk study 1.0 CEUs for 12+ wk study	Copy of study

Category B - MMACA Approved Live Training

- MMACA will make final determinations for actual CEUs awarded for any live training course, workshop, conference, symposium or seminar
- Live coursework that is not listed as approved by MMACA will require submission of a petition form for recognition (found at the end of this guide) and a petition fee

Category B Activity	CEUs Awarded	Required Documents
MMACA workshops or conferences	0.1 CEUs per contact hour	Certificate of attendance
MMACA approved provider workshops, seminars, conferences or symposiums	0.1 CEUs per contact hour	Certificate of attendance

Category C - MMACA Approved Home Study Courses

- MMACA will make final determinations for actual CEUs awarded for any home study course
- Home study courses that are not listed as approved by MMACA will require completion and submission of a petition form for recognition (found at the end of this guide) and a petition fee

Category C Activity	CEUs Awarded	Required Documents
MMACA home study courses	0.1 CEUs per education hour	Certificate of completion
MMACA approved provider home study courses	0.1 CEUs per education hour	Certificate of attendance

Petition for CEUs

Coursework that is consistent with the content of the performance domains for MMACA Certified Mixed Martial Arts Conditioning Coaches (MMACCs) but is not approved by MMACA will require completion and submission of the petition form available at the end of this guide. A $25 petition fee is required with submission of petition for each course to be reviewed.

MMACC Subject Domains

The following is a list of subject found essential to be a safe and effective Mixed Martial Arts Conditioning Coach. Continuing education programs that are not already pre-approved by the MMACA and NESTA must fall into one of the following subject domains:

- **Foundational Exercise Science**
    - **Anatomy**
    - **Kinesiology**
    - **Exercise Physiology**
    - **Biomechanics**
- **MMA Conditioning Application (*Note: this category is very broad and may consist of varying martial arts and training techniques that apply to a MMACC)**
- **Nutrition**
- **Business**
- **Safety and Injury Prevention**
- **Sports Psychology**

THE MIXED MARTIAL ARTS CONDITIONING ASSOCIATION

Recertification Application

LAST NAME:_____ FIRST NAME:_____ MIDDLE INITIAL:_____

STREET ADDRESS:_____

CITY:_____ STATE:_____ ZIP:_____

HOME PHONE:_____ WORK PHONE:_____

MOBILE PHONE:_____ EMAIL:_____

CERTIFICATION NUMBER :_____

Recertification Fees			
Recertification Fee:	$149	=	$
Late Fee (1-30 days):	$25	=	$
(31-60 days):	$50	=	$
(61-90 days):	$95	=	$
Total Fees		=	$

Payment Information

☐ Cashier's Check/Money Order/Company Check
(Make all checks payable to *NESTA*)

☐ American Express ☐ Mastercard ☐ Visa

Credit Card Number:_____

Name on Card:_____

Expiration:_____ CVV Code:_____

Signature:_____

Recertification Application Checklist: (Did you include everything before submission?)

- ✓ Complete application form
- ✓ Payment Information with payment included
- ✓ Submit between 90-1 days prior to recertification expiration

Mail complete application and materials to:

MMACC Recertification Program
30245 Tomas
Rancho Santa Margarita, CA
92688-2123 USA

Signature Confirmation

I hereby attest that the above application information and all materials included in submission are complete and accurate to the best of my knowledge.

SIGNATURE:_____ DATE:_____

Category A - College Coursework			
Course Title	Provider Name	Course Date(s)	# of CEUS
Category B - MMACA Approved Live Training			
Course Title	Provider Name	Course Date(s)	# of CEUS
Category C - MMACA Approved Home Study Courses			
Course Title	Provider Name	Course Date(s)	# of CEUS

THE MIXED MARTIAL ARTS CONDITIONING ASSOCIATION

CONTINUING EDUCATION PETITION FORM

STUDENT INFORMATION

LAST NAME: _____ FIRST NAME: _____ MIDDLE INITIAL: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: ( ) _____ WORK PHONE: ( ) _____

MOBILE PHONE: ( ) _____ EMAIL: _____

COURSE INFORMATION

COURSE NAME: _____ DATE(S): _____

DESCRIPTION OF COUSE AND HOW IT PROVIDED ABOVE ENTRY-LEVEL EDUCATION: _____

_____

_____

_____

TYPE OF COURSE: ☐ WORKSHOP

☐ HOME STUDY

☐ CONFERENCE

☐ OTHER

PAYMENT OF PETITION FEE: **$25/COURSE**

Payment Information

☐ Cashier's Check/Money Order/Company Check
(Make all checks payable to *NESTA*)

☐ American Express ☐ Mastercard ☐ Visa

Credit Card Number: _____

Name on Card: _____

Expiration: _____ CVV Code: _____

Signature: _____

PROVIDER INFORMATION

COURSE/CEU PROVIDER: _____ CONTACT HOURS: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: ( ) _____ WORK PHONE: ( ) _____

MOBILE PHONE: ( ) _____ EMAIL: _____ WEBSITE: _____

IT IS ADVISED TO INCLUDE ADDITIONAL REFERENCE MATERIALS SUCH AS: CERTIFICATE OF COMPLETION, COLLEGE TRANSCRIPT, INSTRUCTOR/PROVIDER RESUME.

PLEASE ALLOW FOR 30 DAYS TO PROCESS YOUR PETITION. AN INCOMPLETE PETITION WILL BE RETURNED FOR RE-SUBMISSION.

Mail complete petition and payment to:
MMACA Recertification Program
30245 Tomas
Rancho Santa Margarita, CA 92688-2123 USA