



CSNA Online Education Program FAQ...

Is the CSNA online education program accredited?

The CSNA education program is not accredited by such organizations as the United States Distance Learning Association (USDLA) or the Accrediting Commission of the Distance Education and Training Council (DETC). Accreditation is a voluntary process that is implemented by private non-governmental accrediting agencies.

Accreditation would force CHI to abandon its self-paced study policy that allows students to complete the program without pressure within a restricted time frame. The cost of accreditation would also increase student enrollment fees by as much as 25-50 percent.

Sports nutrition and personal training certification are not required by law in terms of employment application nor are they regulated by any government agency in North America.

The CSNA education program is a gold standard sports nutrition certification education program recognized by both the natural food and fitness industry and is endorsed by several distance learning education partners.

What can I do with this certification? What are the benefits?

CSNA certification impresses clients and customers. It implies commitment and proves that you have earned a professional level of education in sports nutrition. It also validates that you have successfully completed all the requirements of the education program and that the certification was earned.

All CSNA graduates are advised to use the designation of CSNA after their name on their business card, website, brochures and letter head. CSNA certification is equivalent to 500 hours of student research, study and examination time in the most comprehensive and eclectic sports nutrition education program known.

Do you offer a payment plan for the CSNA study program?

CHI does not offer a payment plan for the CSNA Complete Package which includes 10 Modules; however, you can purchase each of the Modules online individually.

How long is each SNU audio tutorial or special guest interview?

Most of the SNU tutorials and special guest interviews are approximately 20-30 minutes.

How long does it take to complete each module?

Each Module is approximately 150 pages. How fast you read and the quality of your study habits will determine how long it takes for you to complete each Module. 20-40 hours is a general range of time required to complete each of the ten study modules.

How long does it take to get certified?

There are 10 Modules in the CSNA Complete Package. After each Module there are 20 online open book student test questions to be completed before moving on to the next Module. Once you complete all 10 Modules a final written dissertation and personal fitness assessment are required.

Will any course materials be mailed to me?

No, an open files procedure PDF attachment will be sent to you after enrollment via email with usernames and passwords that will enable you to download the course files from the Members Area at CoryHolly.com. Nothing physical will be mailed to you by snail mail. CHI is environmentally friendly.

Is there a time limit once I enroll in the CSNA program?

There is no time limit to complete the entire CSNA education program (Complete Package), however you must be an active CHI Member to graduate. The program is self-paced and extremely flexible.

Once I have registered as a CHI Member and enrolled in the CSNA education program, do I need to purchase anything else, such as books, etc...?

You will have everything you need via email and online to begin the course. To graduate you will need to locate a fitness facility and procure a personal fitness assessment. You are responsible for that fee (\$50-100) which is a component of the course and a requirement of the Institute.

Why do I need to become a CHI Member before CSNA enrollment?

CHI Membership provides access to the audio and video tutorials that are implemented into the CSNA education program. You will be asked on your exams to listen or view the audio and video presentations. The CSNA course files that you need to download are located in the Members Area.

Do you offer special rates if two (2) or more people enroll at one time? If so, do we each need to pay for the CHI membership?

Yes, CHI does have a corporate rate for two or more enrollments; however, each student who enrolls must become a CHI Member. CHI also offers special family education rates.

Can I print off the CSNA Modules and put them in a binder?

Yes, we encourage our CSNA students to print a copy of each Module, for those times when a computer is not handy for studying or when reading the course in a printed format is preferred. The course PDF is also compatible with the new wireless Kindle Reader.

Do I need insurance when I become certified in order to consult with clients or provide nutrition advice to customers and athletes?

No, you do not need any type of special insurance once you become a CSNA.

Where do I go to get a fitness assessment for my final dissertation?

The fitness assessment is mandatory to the final dissertation. It is part of the exam procedure for the student to find a reputable facility that offers testing. Check local gyms, personal training studios, colleges and universities. Finding a location is a function of the final exam and dissertation.

How much does the Fitness assessment cost?

Usually between \$50.00 - \$150.00 for a complete assessment. A VO_2 max test costs extra. A sub-maximal aerobic test is acceptable. Flexibility, muscle strength, muscle endurance and body composition must also be included in the fitness test.

Will I be guaranteed a job or career in the natural health food or fitness industry once I have a CSNA designation?

There are no guarantees regarding finding a job/career once a student graduates from the CSNA online education program. It is up to the student who has the drive and enthusiasm to believe in their purpose and ability. The CSNA designation should be used after the students name on their business card. The CSNA is recognized worldwide through our education partners. CSNA certification has an obvious appeal to the health food, sports nutrition, fitness industry and athletic community.

What employment opportunities exist in the health food and fitness industry?

Many of our students work in the health food industry as advisors, sales reps and consultants. Personal trainers enroll in the CSNA program to enhance their nutrition and supplement knowledge now considered essential. Others use the CSNA program to move forward as a clinician, sports nutrition consultant, athlete or develop a home based business.

Does CHI have any affiliate or referral programs that provide financial remuneration to students?

The CHI Ambassador Referral Program provides approved CHI Ambassador's with a generous direct commission on each student referral who enrolls in the CSNA education program. Applicants must have a registered business and website.

Is there an exam at the end of the course program?

The exam is called a final dissertation. A dissertation and the results of a personal fitness assessment must be submitted by each student to graduate.

What is meant by the final dissertation?

The final dissertation is completed after the student has studied and completed all 10 Modules. This is the final exam prior to graduation. The dissertation is a well defined standardized written essay with 11 topics (pre-selected) and a specific word total count in paragraph form. The student is required to answer the topics in their own words and use their course knowledge and creativity to write the dissertation. There are also fifteen (15) SNU audio tutorial online questions that must be answered.

Why do I need to have a fitness assessment?

A fitness assessment is a compulsory part of the final dissertation. It teaches the student the importance of using a fitness assessment to measure athletic performance and risk of mortality. It brings attention to individual physiology function and principles of preventive medicine. A compulsory fitness assessment is what separates the CSNA education basic program from most personal training education programs. It is a wonderful challenging experience. CHI encourages all CSNA students and graduates to recommend this important assessment procedure.

Who marks the final dissertation?

Dr. Cory Holly, the author of the course and founder of CHI, personally reads, examines, comments and grades each submitted online dissertation. Cory will carefully examine your paper and determine if you have made a good attempt to define health and the art and science of sports nutrition. Graduates are expected to know what wellness is and how to achieve it reliably and naturally.

Your fitness assessment must be complete and cover all the essential components of fitness. Level of fitness is not a component of passing the exam. After acceptance of the fitness exam and student dissertation, each successful candidate will receive by email a personal Certificate of Graduation in PDF format signed by Cory. For more details visit www.coryholly.com Click **CSNA**

