



## **CHI Online Education Programs FAQ...**

### **Is the CSNA online education program accredited?**

Accreditation is a voluntary process that is implemented by private non-governmental accrediting agencies. Accreditation would force CHI to mandate a specific time limit for all CHI courses and increase student tuition fees. CHI is an independent corporation that sets its own standards.

Sports nutrition and personal training are not regulated by any government agency. Certification is not enforced or required by law. In simple terms, certification in both sports nutrition and personal training is optional, but highly desirable. A personal trainer is someone who calls themselves a personal trainer. They may or may not have any formal educational training or credentials.

The CSNA education program is the most comprehensive sports nutrition distance learning education program in the world. It is “the” gold standard in sports nutrition certification and is recognized by both the integrative natural food and fitness industry worldwide. The CSNA education program is also endorsed by several institutes, associations and colleges. [CHI 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.

CSNA certification is equivalent to 500 hours of student research, study and examination time. CSNA graduates are advised to use the designation of CSNA after their name on their business card, website, brochures and letter head to verify and market their certification and education.

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

CHI does not offer a standardized pre-authorized payment plan for the CSNA Complete Package which includes 10 Modules; however, you can purchase each of the Modules online individually. CHI does offer special payment plans for the CHI Full Program and CSNA Master Teacher Program.

### **How long does it take to complete each module?**

20-40 hours. Each Module is approximately 150-250 pages. How quickly you read, your individual comprehensive skills and the quality of your study habits will determine how long it takes for you to complete each Module. CHI recommends a slow, steady approach consistent with the same principles advocated in biological medicine, function exercise training and nutrition science.

## **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 CHI Members Area [CoryHolly.com/members](http://CoryHolly.com/members). Nothing physical will be mailed to you. CHI is a high-tech green co.

## **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 complete the course and graduate. Completion of the entire program, including study modules, tutorials, exams and dissertation is equivalent to 500 hours of student research, study and examination time.

## **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...?**

No, everything you need to complete the course is downloaded directly from CoryHolly.com and is included in your tuition. CSNA students who are active members are entitled to a one hour complimentary telephone consultation with Dr. Holly once per month until graduation.

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

[CHI Membership](#) is compulsory. The CSNA course files that you need to download are located in the Members Area. The student self-test questions and online exams for each module are located in the Members Area. CHI Membership provides each member with access to 100's of audio tutorials that are produced each month on a continuing basis and implemented into the CSNA education program.

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

There are three components of [SNU](#) including Clinical Review, He-Said-She-Said and a Special Guest Interview. Most of the tutorials and audio segments are approximately 20-30 minutes.

## **Do you offer special rates if two (2) or more students 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 student enrollments; however, each student who enrolls must become an individual CHI Member.

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

Yes, we encourage 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.

## **Do I need insurance when I become certified to consult with clients or provide nutrition advice to clients, customers and athletes?**

No, you do not need any type of special insurance once you become a Certified Sports Nutrition Advisor (CSNA), CSNA Master or CSNA Master Teacher.

## **Is there an exam at the end of the CSNA course program?**

The exam is called a final dissertation. The results of a personal fitness assessment must also 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.

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

The fitness assessment is mandatory to complete as a component of the final student dissertation. It is part of the exam procedure as well as the students' responsibility to find a reputable facility that offers appropriate testing. Check local gyms, personal training studios, colleges and universities.

## **How much does the Fitness assessment cost?**

Usually between \$50.00 - \$150.00, depending on the provider and how extensive the assessment is. For example, a VO2 max test is preferred over a simple sub-maximal aerobic test, but a VO2 max test costs more. A sub-maximal aerobic test is a minimum requirement of the fitness assessment.

## **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 physiological 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 evaluates and grades each student dissertation. Dr. Holly will carefully examine your paper and determine if you have made an acceptable attempt to define health, the art and science of sports nutrition, as well as fulfill all of the requirements of the dissertation.

After acceptance of the fitness exam and student dissertation, each successful candidate will receive a personal [CSNA Certificate of Graduation](#) in PDF format by email signed by Dr. Holly. Students who need any advice or additional guidance to help write their dissertation may contact CHI and request a telephone consultation with Dr. Holly.

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

CHI education and certification programs prepare students for employment in a wide variety of fitness, nutrition and health related fields. Examples includes private practice, health food stores, personal training, coaching, athletic training, personal consulting, teaching, writing, lecturing, dietary supplement formulation, seminar planning, trade show marketing and personal business development.

CHI student graduates are qualified to teach nutrition science, analyze diets and create health programs for clients that enhance health, function and performance.

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

## **How long does The Greatest Vitamin Salesperson in the World Sales & Service Education Program take to complete?**

About 20 hours. Many students complete this program in 2-4 weeks.

## **What CHI courses do I need to complete in order to become a CSNA Master Teacher and teach the Principles of Sports Nutrition (PSN) course?**

Principles of Sports Nutrition (PSN) is a classroom style sports nutrition course designed for CSNA Master Teachers to teach to their own students. [CHI Teaching Program](#)

Students who complete the CSNA education program qualify for enrollment in the [CSNA Masters Program](#). To qualify as a CSNA Master Teacher and obtain a [CHI Teaching Certificate](#), students must complete all three of the following certification programs:

- [The Greatest Vitamin Salesperson in the World](#)
- [CSNA Education Program](#)
- [CSNA Masters Program](#)

All three programs are included in the [CHI Full Program](#) student tuition fee.

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

The [CHI Ambassador Referral Agent Program](#) provides approved CHI Ambassador's with a generous direct education royalty on each student referral who enrolls in the CSNA education program.