

# 2024

## CSNA Student Certification

Attention CSNA Students:



**THIS IS YOUR PERSONAL GUIDE FOR COMPLETING YOUR FINAL DISSERTATION.**

Please read through this entire guide to become familiar with the exam details and final dissertation student requirements.

Students who apply for certification must be active online CHI Members.

Successful fulfillment of your final student dissertation is required to receive a Certificate of Graduation and legally use the acronym of CSNA as a CHI approved and copy written designation after your name.

**Students who are not certified may not use CSNA as a designation.**

To receive a CSNA Certificate of Graduation from CHI each student must complete the following four requirements:



1. Online student self-test questions for each of the 10 [ten] CSNA modules
2. Personal fitness assessment that includes 5 [five] test components  
*\* see page 4 for more details*
3. Digital final dissertation (exam) sent by email to each student
4. Final video interview with Dr. Holly to discuss the marked dissertation

Successful student applicants will receive a CSNA Certificate of Graduation in PDF format by email designed to be printed on high-quality glossy photo paper, and then framed and displayed.

CHI strongly recommends you display your Certificate publicly as evidence of your commitment to education. Your clients, colleagues, patients, family and friends will be impressed by your achievement.



## Dr.C Message to Students



The essay exams for this final digital dissertation are limited electronically to a maximum response of one page per essay (approximately 550 words Font 12 calibri). Please use your own words unless you are quoting a phrase or portion of someone else's text or study, and if so, please denote the quote with quotation marks and/or an asterisk.

The final dissertation for some students represents a significant personal challenge in terms of completion and perception of value. Please don't be intimidated by trying to reach an unrealistic or presupposed academic standard I have of your work or a particular response to any question.

Of course content matters, but I will be much more impressed by your completion of the entire program. Please do not delay the process for lack of confidence, fear of rejection or lack of punctuality. Just do it!

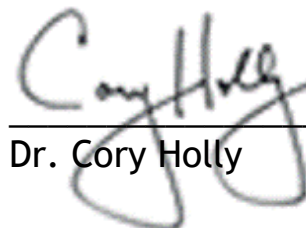
For example, the fourth essay asks you to define **Optimum Health**. Tell me exactly what YOU think Optimum Health is, simple and straight forward. I'm looking for honest, heart-felt responses typed in your own words, as well as rational thought expressed from your personal experience.

Feel free to draw any thoughts or principles from the CSNA course text as well as any other relative books, studies or research papers.

Like the intelligent, skilled and well-conditioned triathlete who begins the Ironman race by choice, I am looking for simple completion (not a world record). I want to see you cross the finish line intact with a smile of self-confidence earned by the completion of the race.

Completing the CSNA education program will do just that!

I look forward to the honor and pleasure of marking your dissertation.

  
\_\_\_\_\_  
Dr. Cory Holly



## Dissertation Summary

**1.** Attach a recent color personal photograph of yourself to your return email.

*Acceptable file types: jpg jpeg bmp gif png.*

Choose a photograph that you would use to market yourself if for example, you had a website or needed a photo for your own magazine column

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**2.** Include a unique personal tag line (catchphrase or slogan) that defines who you are, what you stand for and what principle(s) or philosophy you believe in.

*You have a maximum allowance of seven words.*

- *Pursue Health...and Performance Will Follow!*
  - *Chi...is the energy that flows!*
  - *Go Big Go Strong...Go CoryHolly.com*
  - *Look up, get up, but never give up.*
  - *Winners never quit and quitters never win.*
  - *Sweat makes the green grass grow.*
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**3.** There are ten essay topics displayed throughout your dissertation.

1. CHI Prime Directive
2. Costanza Principle
3. Nutrition and Exercise
4. Optimum Health Defined
5. Exercise, Sport & Physical Activity
6. Personal Dietary Strategy
7. Personal Vitamin Program
8. The Struggle for Compliance
9. Body Type Profile (choose 3 different body types)
10. Student Declaration

In your own words in reference to each essay topic do your best to fulfill the requirements for each question as outlined. Fill up the pages with details and insight from your own personal perspective. Your comments will be limited by the digital field space provided under each title.

No graphics or charts please, just text written in your own words.



## Personal Fitness Assessment

- 4.** Please email or have your fitness professional email a copy of your personal fitness assessment results to CHI.

Your personal fitness assessment must include the following 5 [five] mandatory test components:

- 1) **Body composition analysis** (not BMI) include description of method
- 2) VO2 Max (direct measurement or indirect estimate)  
VO2 Max must be calculated in mL/kg/min (eg 45 mL/kg/min)
- 3) Muscle strength (low repetition exertion) 3-6 reps
- 4) Muscle endurance (high repetition exertion)
- 5) Flexibility

**Note** - A personal fitness assessment as detailed above is required to pass the course. Additional test components are acceptable.

Additional variables such as body age, blood pressure, gait, balance, nutrition habits, etc...may be included at the discretion of the technician but they are not mandatory.

Make sure your fitness assessment includes the contact name and email address of the individual, group, fitness center, training facility, university or institution responsible for performing the test.

Locating a local fitness testing facility or trainer to perform this test is a function of the exam challenge. Please do not send an assessment in email text or written out by hand on paper and scanned.

**The assessment should be prepared and emailed as a professional document**

Fitness assessments are commonly performed at recreation centers, personal training studios, private fitness facilities, universities and some colleges. The fitness assessment must be performed objectively by a competent professional and therefore cannot be completed by the student as a self-assessment.

***The outcome of your fitness test is not a measure of passing or failing the csna course; it is the submission of the completed assessment itself that determines fulfillment of the exam, not how fit you are.***

