



## **Certified Sports Nutrition Advisor (CSNA)**

### **Frequently Asked Questions**

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

20-40 hours. Each Module is approximately 150-250 pages and is in PDF Format. Adobe Acrobat Reader is required to open and read the course program files. How quickly you read, your individual comprehension capacity 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.

#### **How long does it take to get certified?**

There are 10 Modules in the CSNA Education Program. 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, personal fitness assessment and Skype online interview are required. Most students complete the program in 6-12 months. The record is less than one month.

#### **What if I want a refund?**

Please note the CSNA program is non-refundable for the following reasons:

- By exclusive arrangement, INFOFIT can provide students with a special CSNA tuition enrollment fee that is significantly below the CHI website standard tuition fee (\$2500.00 CAD).
- The CSNA program is an online education program and 100% digital, course material is sent via email, and students have online access to the program.
- There is no time limit to complete the entire CSNA Education Program, provided students remain active student members of the Cory Holly Institute.

### **Will any course materials be physically mailed to me?**

No, after you become a CHI Student Member and enroll in the CSNA Education Program online, you will be contacted by email to set up your first telephone Meet & Greet interview with Dr. Holly. After this interview you will receive Module One by email, as well as a special username and password that will allow you to Login to the student only CHI Student Members area. Nothing physical will be mailed to you.

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

There is no time limit to complete the entire CSNA education Program; however you must be an active CHI Student Member to complete the course and graduate. If student fees are not maintained on a monthly or annual basis, the student forfeits their CSNA tuition and ability to complete the program. 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 Student 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 will be emailed to you personally or downloaded directly from CoryHolly.com and is included in your tuition. CSNA students who are active student 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 Student Member before CSNA enrollment?**

CHI Student Membership is mandatory for all enrolled and active CSNA students as a student fee until completion of the course. Student fees cover the cost of marking and filing student exams, consultations, email advice and responses to student questions, final student dissertation and all student administration. The CSNA education program has no time limit for completion provided the student remains an active chi student member. If student fees are not maintained, the student forfeits their CSNA tuition and ability to complete the program.

### **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 and insert the pages into a personalized CSNA student study binder. Reading the course in printed format is useful when a computer is not handy for studying or when reading the course in a printed format is preferred. Students can also transfer the PDF Modules to an iPad, e-Reader or Smart Phone for convenience.

### **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. After these two components of the course are completed, a final interview between Dr. Holly and the student will be arranged via Skype.

### **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 and is emailed to the student after a consultation with Dr. Holly. The dissertation is a digitized and standardized written essay format with 10 essay topics (pre-selected). Each topic has a limited word count space in digital paragraph format. 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 twenty-one (21) 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. Infofit can complete the Fitness assessment for you.

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

The cost with Infofit is \$225.75, the assessment will take around 2 hours and will consist of: 1) Body composition analysis 2) Sub-maximal aerobic test 3) Muscle strength 4) Muscle endurance 5) Flexibility