

INFOFIT Educators



Certified Sports Nutrition Advisor

Program Outline



The Certified Sports Nutrition Advisor Program Outline

Career Opportunities

The Infofit CSNA graduate is in high demand and can find work as Personal Trainer specializing in Sports Nutrition, health food store retailers, sales reps, nutrition advisors, dieticians, health professionals, competitive athletes, coaches and anyone interested in offering holistic sports nutrition, fitness and human performance to their clients.

Admission Requirements

The admission requirements for this program are as follows:

- Must be 18-years of age
- The ability to speak English
- Basic Computer skills

Required Textbooks

Students are sent one study module at a time by email beginning with Module One. Students must complete the modules in chronological sequence as each module builds upon previous principles and text revealed in the previous module. This online system of student education and individual module completion has been shown to ensure the highest rate of CSNA course graduation. After receiving an email confirming the successful completion of the student self-test assignment for the current Module, the email will be added to the student file as evidence of completion. The student will then be sent the next module in sequence by email. Student research, reading, study and exam time is reinforced with outstanding audio and video tutorials.

Program Duration

Students may take as long as required to complete each Module. There is no time limit provided the student remains an active CHI Member. If student fees are not maintained on a monthly or annual basis, the student forfeits their CSNA tuition and ability to complete the program. Program duration is approximately 200 hours.

Homework Hours

At the end of each Module there is an online student self-test assignment consisting of 20 multiple choice open-book test questions. To answer them correctly the student is required to read through the entire course material and listen to specific SNU audio tutorials. The student must complete the test questions at the end of the study Module as instructed before moving on to the next Module. Module test questions are answered online. The passing grade for each student self-test assignment is 100%.

Delivery Methods



On-line delivery. This is a home study distance learning course designed for practicality and real life application.

Learning Outcomes

The learning outcomes of the program are dependant on the content of each module. The Sports Nutrition program consists of 10 Modules:

- **Module One:** Human Anatomy
- **Module Two:** Energy and Cellular Metabolism
- **Module Three:** The Primary Building Blocks
- **Module Four:** Dietary Supplements
- **Module Five:** Body Typing and Individual Assessment
- **Module Six:** Training and Exercise Philosophy
- **Module Seven:** Achieving Your Ideal Bodyweight
- **Module Eight:** Performance Enhancing Drugs
- **Module Nine:** Training Injuries: Natural Treatment
- **Module Ten:** Screening and Diagnostic Tools

Student Progress/Assessment Methods

Students will be assessed through instructor feedback and mentorship throughout the program.

Attendance Expectations

The Institute monitors the progress of each student until completion of the entire program.

Dress Expectations

No dress code is required.

Graduation Requirements

Graduation

To receive a CHI Certificate of Graduation from the Institute and the designation of Certified Sports Nutrition Advisor (CSNA) each student must complete all 10 Modules, submit a final dissertation (a written essay or formal discourse) and complete a personal fitness assessment.

Upon successful completion of the entire CSNA program the Institute will provide each student with a CSNA Certificate of Graduation