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# CNS Application Process

# Presenter



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## Certification:

- Signifies that an individual possesses the knowledge and skills required to perform a set of competencies
- Sets the standard for a given discipline
- 3 E's: Education, Experience, Examination

## Accreditation:

- "Certification of certifications"
- Evaluates a credentialing program against defined standards and accredits programs that meet those standards
- National Commission for Certifying Agencies (NCCA)
- Both a process and a status

## Benefits of Accreditation

- Credibility with regulatory bodies (state and federal), professionals, public, insurers and other stakeholders
- Trusted, third-party verification
- Demonstrates psychometric validity of Examination
- Supports certificants in the profession due to state licensure issues
- Note: Separation between education and exam



## Eligibility Requirements for the CNS

	<input checked="" type="checkbox"/> <b>QUICK CHECK:</b> How Do I Obtain the CNS® Credential?		
	<b>NUTRITIONIST OR HEALTH PROFESSIONAL</b> with Advanced Health-Related Degree	<b>REGISTERED DIETITIAN</b> with Advanced Health-Related Degree	<b>MEDICAL DOCTOR</b> MD or DO
<b>DEGREE</b> from a regionally accredited institution	Must hold an MS or doctoral degree in Nutrition or other field of clinical healthcare (such as APRN, DC, DDS, ND, PA, PharmD, OD, MS or PhD in dietetics)	Must hold an MS or doctoral degree in Nutrition or other field of clinical healthcare (such as APRN, DC, DDS, ND, PA, PharmD, OD, MS or PhD in dietetics)	Must hold an accredited MD or DO degree
<b>COURSEWORK</b> from a regionally accredited institution	Degree must be from an ACNPE-accredited program <b>OR must complete:</b> <ul style="list-style-type: none"> <li>18 credits of Nutrition: 12 at the graduate level; 6 in biochemistry</li> <li>3 credits of Anatomy/Physiology</li> <li>12 credits of Clinical or Life Sciences</li> <li>2 Behavioral Science</li> </ul>	Degree must be from an ACNPE-accredited program <b>OR must complete:</b> <ul style="list-style-type: none"> <li>18 credits of Nutrition: 12 at the graduate level; 6 in biochemistry</li> <li>3 credits of Anatomy/Physiology</li> <li>12 credits of Clinical or Life Sciences</li> <li>2 Behavioral Science</li> </ul>	<b>18 credits of Nutrition:</b> <ul style="list-style-type: none"> <li>4 semester credit hours or 60 CEs in Foundational Nutrition*</li> <li>8 semester credit hours or 120 CEs in Advanced Nutrition*</li> <li>6 in biochemistry</li> <li>3 credits of Anatomy/Physiology</li> <li>12 credits of Clinical or Life Sciences</li> </ul>
<b>EXPERIENCE</b>	<b>Must complete:</b> <ul style="list-style-type: none"> <li>1,000 hours of supervised practice experience (with a BCNS-approved supervisor)</li> </ul>	<b>Must complete:</b> <ul style="list-style-type: none"> <li>Dietetic Internship</li> <li>3 Personalized Nutrition (PN) case studies</li> <li>75 CE credits in PN within the past 5 years</li> </ul>	<b>Must complete:</b> <ul style="list-style-type: none"> <li>1,000 hours clinical nutrition practice experience in clinical practice, or as part of residency or fellowship</li> <li>3 Personalized Nutrition (PN) case studies</li> </ul>
<b>EXAMINATION</b>	Passing score on the Certification Examination for Nutrition Specialists™	Passing score on the Certification Examination for Nutrition Specialists™	Passing score on the Certification Examination for Nutrition Specialists™
<b>RECERTIFICATION</b>	75 continuing education credits every 5 years	75 continuing education credits every 5 years	75 continuing education credits every 5 years

\* Visit the [ANA.org/certify/CNScandidate](https://www.ana.org/certify/CNScandidate) for more detail | Credits = semester credit hours



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Specialists

Become a CNS®

Become certified as an advanced personalized nutrition practitioner.

[Read More >](#)

Current CNS®

Continue learning and growing. Access your CNS resources.

[Read More >](#)

Specialty  
Certifications

Become an expert in specialty areas of nutrition science and practice.

[Read More >](#)

University & CE  
Partnerships

Collaborate with us to advanced nutrition education and practice before and after certification.

[Read More >](#)





# Become a CNS®

Become certified as an advanced personalized nutrition practitioner.

### CERTIFY



- BECOME A CNS®
- CURRENT CNS®
- BECOME A CNS® SUPERVISOR
- SPECIALTY CERTIFICATIONS
- UNIVERSITY & CE PARTNERSHIPS

### CNS Pathways

#### PATHWAY FOR NUTRITIONISTS AND HEALTH PROS

- Eligibility Requirements
- Application Process

#### PATHWAY FOR RDS

### What is the CNS credential?

The Certified Nutrition Specialist® credential (CNS®) is the most advanced certification for personalized nutrition practitioners. Certified Nutrition Specialists practice science-based personalized nutrition therapy to power people to health. They are spearheading the transformation from population-based to personalized nutrition, and from disease care to authentic health care.



### Why become a CNS professional?

**Proven Expertise:** Demonstrates your advanced knowledge and skill in personalized nutrition science and practice.

**Practice Rights:** Represents an avenue to obtain a license to practice nutrition in many states.

**Career:** You are highly sought-after for nutrition jobs in health care, academia, industry and government.

**Community:** You are nurtured by your American Nutrition Association® family, which Educates, Certifies, Advocates and Connects to equip you with the science and practice of personalized nutrition.



1. Exam Application with supporting documents:
  - Official Transcript(s) – sent by school
  - 2 Letters of Recommendation
  - Resume
  - Photo
2. \$50 Application Fee  
\$300 Exam Fee
3. Supervisor Approval Application(s)
4. Supervised Practice Experience Application
  - Candidate's Report
  - Tracking Tool(s)
  - Supervisor's Report(s)

# How Coursework Meets CNS Requirements...

## Graduate-Level Nutrition Courses (9 semester credit hours required)

Examples include but are not limited to: developmental nutrition, metabolism of vitamins and minerals, nutrition assessment and therapeutic nutrition.

Course Title	Semester Credit Hours Earned	School or Institution
Macronutrients		
Micronutrients		
Developmental Nutrition		
Therapeutic Nutrition		
Functional Medicine Nutrition		
Lifecycle Nutrition		
Evidence Based Nutrition		
Vitamins & Minerals		

*\*This requirement applies to candidates taking the CNS exam in November, 2022 or after. Nine (9) semester credit hours are required for candidates taking the exam prior to the June 2022 exam. If a candidate is approved to sit for the CNS exam and does not pass, the initial requirements for which she / he was approved will remain the requirements for the re-exam(s).*

# ...How Coursework Meets CNS Requirements

## Biochemistry Courses (6 semester credit hours required)

Undergraduate courses may be applied in this category.

Course Title	Semester Credit Hours Earned	School/Institution for Undergrad Credits	School/Institution for Graduate Credits
Biochemistry of Nutrition			
Advanced Biochemistry			
Clinical Biochemistry			
Medical Biochemistry			
<u>Intro to Biochemistry</u>			

## Physiology/Anatomy Credits (3 semester credit hours required)

Undergraduate courses may be applied in this category.

Course Title	Semester Credit Hours Earned	School/Institution for Undergrad Credits	School/Institution for Graduate Credits
Anatomy & Physiology I & II			
Health and Wellness Physiology I			
Medical Physiology			

# ... How Coursework Meets CNS Requirements

## Clinical or Life Science Courses (12 semester credit hours required)

Undergraduate nutrition courses may be applied in this category. Examples include but are not limited to: biology, botany, microbiology, nutrition science or organic/inorganic chemistry, etc.

Course Title	Semester Credit Hours Earned	School/Institution for Undergrad Credits	School/Institution for Graduate Credits
<b>Biology</b>			
Organic / Inorganic Chemistry			
<b>Microbiology</b>			
Research Methods & Informatics			
<b>Epidemiology</b>			
Foundations of Health & Wellness			
<b>Botany</b>			

## BEHAVIORAL SCIENCE – TWO (2) SEMESTER CREDIT HOURS (OR 30 CONTINUING EDUCATION UNITS)\*

Course Title	Semester Credit Hours Earned	School/Institution for Undergrad Credits	School/Institution for Graduate Credits
<b>Motivational Interviewing</b>			
<b>Psychology</b>			
<b>Motivational Counseling</b>			
Principles & Practices of Health Behavior			

*\*This requirement applies to candidates taking the CNS exam in November, 2022 or after. If a candidate is approved to sit for the CNS exam and does not pass, the initial requirements for which she / he was approved will remain the requirements for the re-exam(s).*

# Application Process

Find all Forms [theana.org/Certify](http://theana.org/Certify) - [Forms & Resources Overview Page](#)

Create a Portal Account

Upload all documents to your portal

Pay exam application & exam fee in your portal

Form Name	Completed Date
Supervisor's Report	2019-11-18
Supervisor Approval Application	2019-11-18
Exam Application for Nutrition Professionals	2019-11-21

**Form Instructions**

Select the necessary form  
Download to your computer or device  
Select "Save as"  
Click the "Upload File" button and select the completed form file.  
Click the "Submit" button.

NOTE: If you wish to review any of the applications after you've submitted them, please follow the above steps and submit a NEW version. If you have any questions, please contact us.

Select Form: Supervisor Approval Application

Upload Form File: Upload File | Drop File

Submit

**Pay Online**

- > Certified Nutrition Specialist (CNS) Certificant and CNS Fees
- ▼ Certified Nutrition Specialist (CNS) Annual Fees

Please select an option

—

- > Emeritus Certified Nutrition Specialist (CNS) Annual Fees
- > Certified Ketogenic Nutrition Specialist (CKNS) Certificant and CKNS Fees

# Supervised Practice Experience (SPE)

Complete guide on TheANA.org/Certify ([About the SPE Program](#))

## TYPES OF EXPERIENCE CNS CANDIDATES CAN EARN

- Observational
- Independent / Direct

## TYPES OF SUPERVISION CNS SUPERVISORS CAN OFFER

- In Person
- Remote

## Candidate Responsibilities

**NEW**- 5 PN Case Studies (to review with the Supervisor)

Supervisor Qualifications & Responsibilities- Supervisor Application

SPE Required Competencies

# Certification Examination for Nutrition Specialists<sup>SM</sup>

## The Six Examination Domains

Domain A: Fundamental Principles of Nutrition (25%)

Domain B: Nutrients & Human Health (14%)

Domain C: Nutrition Assessment (14%)

Domain D: Clinical Intervention & Monitoring (35%)

Domain E: Public Health (6%)

Domain F: Practice Management (6%)

## How to Prepare for the Exam:

- Review [Exam Content Outline](#)
- Use [Resource List](#)
- Supervised Practice Experience Hours
- Coursework / Practicum
- Study Groups

# How CNS Differs from Others



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CNS Examination - Content Outline (2019-2023)	RD Examination – Test Specifications (2017-2021)
I Fundamental Principles of Nutrition (35%)	I Principles of Dietetics (25%)
II Nutrients & Human Health (14%)	II Nutrition Care for Individuals and Groups (40%)
III Nutrition Assessment (14%)	III Management of Food and Nutrition Programs and Services (21%)
IV Clinical Intervention & Monitoring (35%)	IV Foodservice Systems (14%)
V Public Health (6%)	
VI Practice Management (6%)	

# How CNS Differs from Others



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Primary work setting	CNS	RD
Private practice / Self employed	69%	6%
Hospital or other healthcare institution	12%	30%
University/college	4%	n/a
Government	2%	14%
Corporate	5%	n/a
Nursing & Home care/ Residential care facilities	1%	10%
Outpatient care centers	n/a	9%
Other	7.7%	n/a

Sources: BCNS Job Analysis Survey (2018), US Bureau of Labor Statistics (2018)

# How CNS Differs from Others



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AMERICAN NUTRITION ASSOCIATION  
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Nutrition Specialists™

## CNS®: The Advanced Nutrition Credential

Certified Nutrition Specialist®

Q Find a Practitioner

[Visit us online](#) if you are interested in learning more about the CNS® or the American Nutrition Association®.

## CNS® professionals are:

Advanced nutritionists and licensed health care providers with specialized training in nutrition including:

- Masters or Doctoral degrees in nutrition
- MD, DO, DC, DDS, DNP, ND, PharmD, RD, and others



CNS® professionals bring outstanding value to their clients, clinics, institutions, corporations and government agencies.

- PROVEN EXPERTISE** - Advanced knowledge and skill in personalized nutrition science and practice.
- PRACTICE PRIVILEGES** - Licensed to practice nutrition in many states. Participate in major insurance networks.
- IN DEMAND** - Highly sought-after for jobs in health care, academia, industry and government.
- NATIONAL SUPPORT** - The CNS® is administered by BCNS<sup>SM</sup>, the certifying body of the American Nutrition Association®.

## What is a CNS® nutritionist?

"Nutritionist" is a broad term that includes individuals with various training and credentials. The CNS is an accredited certification that distinguishes advanced nutrition professionals, enabling them to practice medical nutrition therapy and other aspects of nutrition care in many states.



The CNS® program is quality-assured by third-party NCCA accreditation.

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## CNS®'s practice personalized nutrition.

Personalized nutrition (PN) considers the unique makeup of individuals and groups of people with similar traits creating a person-centered approach to nutrition science, education, and clinical care.

## What are differences between CNS® nutritionists and RDs?

	CNS®	RD
Education	Minimum of MS or Doctorate in clinical nutrition or a related healthcare field	Minimum of BS in dietetics or nutrition
Training	Diverse experience & training in: Personalized Nutrition Science, Assessment, Intervention, & Monitoring; Public Health; Practice Management	Experience & training in: Dietetics; Food Service Management; Nutrition Care for Individuals & Groups
Clinical Setting	Most in private or group practice	Most in hospital or institutional settings
Career Paths	Personalized Nutrition Science Research; Culinary Nutrition; Academia; Media; Public Health; Other Healthcare Fields	Community Education; Research; Food Service & Systems

## CNS Credential Maintenance - Recertification

- Ongoing professional development
- Retain, reinforce and expand knowledge and skills re: new advances of nutrition science & nutrition care
- 5 year period
- 75 Continuing Education credits (CEs)
- Earned in various ways
  - PARTICIPATION AS A LEARNER IN A PROFESSIONAL AND STRUCTURED EDUCATIONAL ACTIVITY RELATED TO NUTRITION AND NUTRITION CARE
  - TEACHING NUTRITION COURSES AT A US REGIONALLY ACCREDITED COLLEGE OR UNIVERSITY (OR FOREIGN EQUIVALENT INSTITUTION)
  - AUTHORIZING OR CO-AUTHORIZING BOOKS AND ARTICLES IN THE FIELD OF NUTRITION
  - EDITORSHIP
  - ORGANIZING AND CHAIRING OR CO-CHAIRING A SCIENTIFIC SESSION

# Certify – Specialty Certifications



## 1. CKNS – Certified Ketogenic Nutrition Specialist <sup>SM</sup>



Identifies you as a trained professional in the Ketogenic Diet.

- Successfully complete the Advanced Ketogenic Nutrition Program offered by the American Nutrition Association (ANA)
- Apply to sit for the CKNS Exam administered through the BCNS
- Pass the CKNS Exam
- Become a CKNS
- Credential Maintenance applies - 30 CEs every 5 years

## 2. CNGS- Certified Nutritional Genomics Specialist



Identifies you as a trained professional in Nutritional Genomics.

- Successfully complete the Nutritional Genomics Program offered by the American Nutrition Association (ANA)
- Apply to sit for the CNGS Exam administered through the BCNS
- Pass the CNGS Exam
- Become a CNGS
- Credential Maintenance applies - 30 CEs every 5 years

## State Regulation of Nutrition Practice

SELECT A STATE

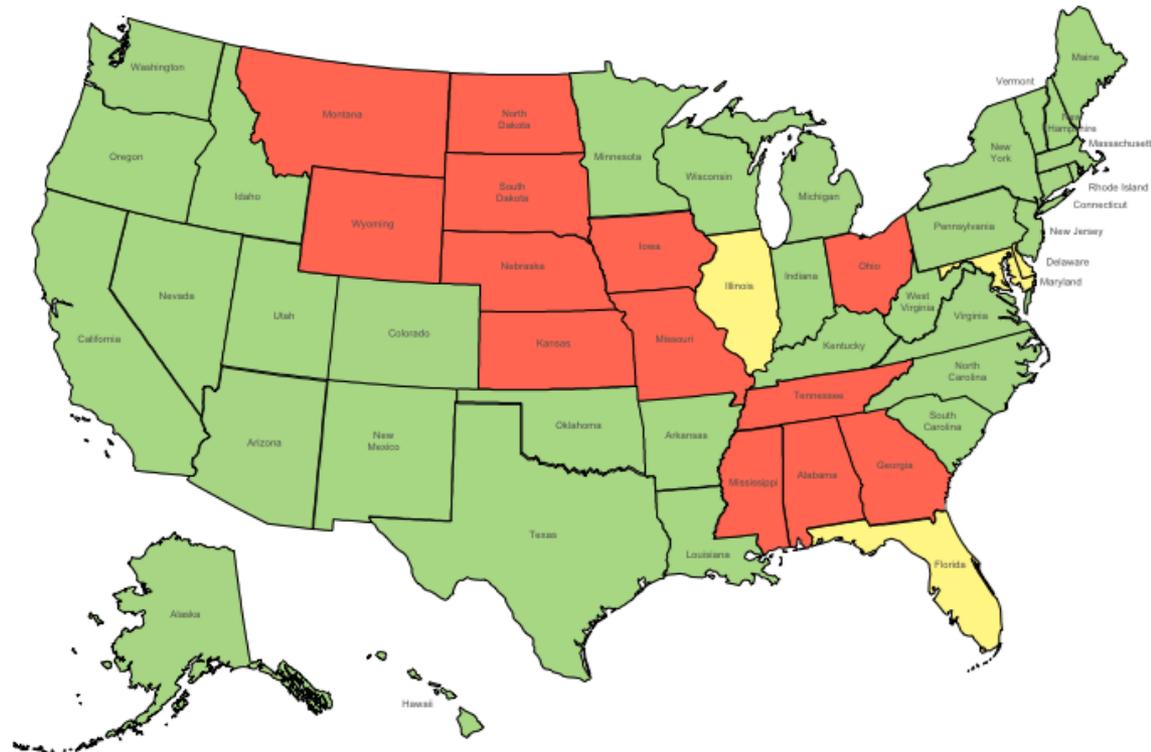


This map can only generalize complex state laws. Select a state to see a summary of its law. Read the entire state law for full detail.

Neither this map nor any other information on this website constitutes legal or career advice. This is simply an interpretation of state statutes and regulations, and cannot substitute for legal counsel.

### KEY

-  It is illegal to perform individualized nutrition counseling unless licensed or exempt. Effectively only RDs are eligible for licensure.
-  It is illegal to perform individualized nutrition counseling unless licensed or exempt. There is a pathway to licensure for CNSs, RDs, and other advanced nutritionists.
-  It is legal for all to perform individualized nutrition counseling, other than medical nutrition therapy in some states. Some states offer state licensure or state certification to CNSs, RDs, and other advanced nutritionists.



# Q & A



Thank you.  
Please feel free to contact us:

[Certifications@NutritionSpecialists.org](mailto:Certifications@NutritionSpecialists.org)

Message Line: 202.903.0267