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# CNS Supervised Practice Experience (SPE)

# Presenter



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**Debbie Slutzky**

BA, CHHC

*Professional Development &  
Relations*

[DSlutzky@theana.org](mailto:DSlutzky@theana.org)

## **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 OR must complete: <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 OR must complete: <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>	18 credits of Nutrition: <ul style="list-style-type: none"> <li>4 semester credit hours or 60 CE in Foundational Nutrition*</li> <li>8 semester credit hours or 120 CE 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>	Must complete: 1,000 hours of supervised practice experience (with a BCNS-approved supervisor)	Must complete: <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>	Must complete: <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

Must complete:  
1,000 hours of  
supervised  
practice experience  
(with a BCNS-  
approved supervisor)

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



Board for Certification of Nutrition Specialists

Become a CNS®

Become certified as an advanced personalized nutrition practitioner.

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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.

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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



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Certification of  
Nutrition  
Specialists™

BECOME A CNS®

CURRENT CNS®

BECOME A CNS® SUPERVISOR

SPECIALITY 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.



# About the SPE



Immune Resilience The ANA Educate Certify Advocate Connect Invest Join My Portal

## About the CNS Supervised Practice Experience (SPE) Program

<https://theana.org/certify/SPE>

- Supervised Practice Experience Overview
- Candidate Responsibilities
- Supervisor Qualifications
- Supervisor Responsibilities

### Supervised Practice Experience Overview

- 1 Satisfactory completion of the CNS Supervised Practice Experience is essential to being awarded the CNS credential. The program is structured to ensure each candidate obtains the in-depth knowledge and skills expected of an advanced-level nutrition professional while maintaining the flexibility required to achieve individual career goals. As such, candidates are responsible for tailoring their own supervised experience based on all program requirements outlined herein as well as locating supervisors that meet the qualifications outlined below.
- 2 Although the Supervised Experience Program may be completed before or after passing the BCNS Certifying Examination, it is important to note that historically those who have completed the practice experience perform better on the examination than those who have not. The CNS credential will not be awarded until the completed experience has been approved by the BCNS credentials council.
- 3 The CNS Supervised Practice Experience consists of 1,000 hours of supervised practice in clinical nutrition care in the following nutrition categories in accordance with CNS Supervised Practice Experience Competencies. Work done in each of the categories must address the competencies outlined in Appendix A.
  - Nutrition assessment (200 hours)
  - Nutrition intervention, education, counseling, or management (200 hours)
  - Nutrition monitoring or evaluation (200 hours)
  - Remaining hours may be in any of the above categories
- 4 The supervised experience may be obtained entirely or partly from:

# Types of Experience & Supervision

## TYPES OF EXPERIENCE CNS CANDIDATES CAN EARN

<p><b>Observational Experience (max 250 hours).</b> <b>Examples include:</b></p> <ul style="list-style-type: none"><li>*Listening to videos or client/practitioner interactions</li><li>*Sitting in on a consultation conducted by another practitioner</li><li>*Participating in a virtual clinic or group mentorship program<ul style="list-style-type: none"><li>*Role playing with colleagues</li></ul></li><li>*Conducting research on behalf of another professional</li></ul>	<p><b>Independent/Direct Experience (min 750 hours). Examples include:</b></p> <ul style="list-style-type: none"><li>*Spending time directly with the client</li><li>*Researching and developing client treatment plans</li><li>*Researching and preparing client handouts or other educational materials or client educational workshops</li><li>*Reviewing above work with a supervisor</li></ul>
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## TYPES OF SUPERVISION CNS SUPERVISORS CAN OFFER

<p><b>In Person</b></p> <p>The Candidate and Supervisor are in the same physical location.</p>	<p><b>Remotely</b></p> <p>The candidate is supervised by someone who is NOT in the same physical location. Supervision may be done by phone, online conference platforms or group webinars</p>
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# SPE Competencies

<https://theana.org/certify/CNScandidate/SPEcompetencies>

## Category A: Personalized Nutrition Assessment & Interpretation

Think of it as the initial consultation

## Category B: Personalized Nutrition Intervention, Education, Counseling or Management

Think of this as the designing of a plan for a client. A candidate would be able to develop the right MNT for the health condition, make sure there are not drug nutrient interactions, understand the client's behavior (to know what type of changes they are willing to make as you develop a plan), use of botanicals in the recommendations, etc. (as listed out for competencies).

## Category C: Nutrition Monitoring or Evaluation

Think of this as follow up consultations. Category C can cover all the competencies in A and B since you would do some of these competencies in a follow up appointment.

# Supervisor Qualifications

- 3+ years full time clinical experience in nutrition care after obtaining the req. degree
  - Must hold at least one of the following:
    - CNS credential in good standing; or
    - Master's of science\* or doctoral degree\* in a field of nutrition/dietetics; or
    - Licensed MD/D\*O with didactic training or education and experience in clinical nutrition **as documented by 75 CE credits or the equivalent over the past 5 years** (without exception); or
    - Doctoral-level health professional\* (e.g. DC, ND, PharmD) who meets curriculum eligibility requirements for CNS and who can legally provide nutrition services in the state of practice. Doctors of Chiropractic (DCs) must also be a CNS or MS, Nutrition.
- \*The supervisor's qualifying degree must be from a regionally accredited institution.*
- Supervisors may not be married to, related to or domestic partners with the supervisee(s)

[Supervisor Approval Application](#) (and resume)

[Candidate's Report](#)

[Tracking Tool\(s\)](#)

[Supervisor's Report\(s\)](#)

All applications and forms can be found at: <https://theana.org/BCNSformsoverview>

# Application Submission Process

Find all Forms [theana.org/Certify](https://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	Completion Date
Supervisor's Report	2019-11-08
Supervisor Approval Application	2019-11-11
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 want 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
- Renewal/Recertification Application
- Re-Exam Application
- CNS/SPN hours Tracking Tool (Excel)

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

# How CNS Differs from Others



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Specialists

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 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®.

## 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



## 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

## State Regulation of Nutrition Practice

SELECT A STATE

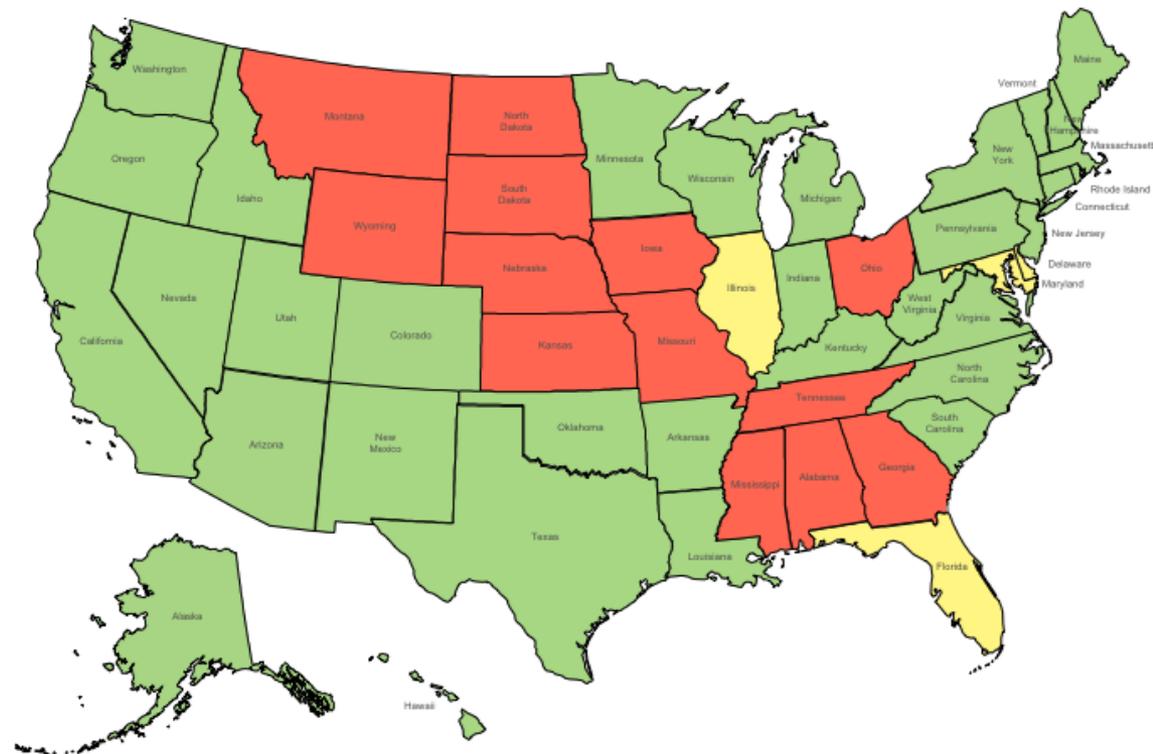


This map can only generalize complex state laws. Select a state to see a summary of its law. Read the entire state law for full detail.

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