



INFS Recertification Handbook

This document outlines the INFS Recertification Process which the INFS Certificate holders can refer to in order to get their certificate validity extended by demonstrating continuous learning in Nutrition and Fitness.

Purpose

The purpose of recertification is to ensure that the certified persons credentials stay current with best practices in the fitness and nutrition industry and demonstrate a continued investment in the field of interest and remain up-to-date on the latest health and fitness knowledge with the latest research, professional standards, and guidelines in the fitness industry, healthcare, and allied health. In order to maintain current certification, INFS Certified Professionals are required to complete mentioned hours of continuing education, which equates to the continuing education credits (CECs) OR clear the updated course examination again to demonstrate that they are current with the latest related to their certification.

Timelines

INFS CERTIFICATIONS are valid for three years, expiring on the last day of the month in which the certification was earned three years prior.

Procedure

There are 2 options to complete the recertification process:

Option 1: 'Take Test'

Option 2: Upload Certificate' of required CECs

For 'Take Test', the scholar would need to pay nominal administration fees for the test (Rs 350), after which the scholar can select the next exam date and pass the test to receive your updated certificate.

With the 'Uploading Certificate' option, the scholar needs to upload the Certificate on the recertification tab on the INFS dashboard. This certificate would further be sent to the CAD team for review and if it meets the criteria of the required CECs, the recertification will be approved and the updated certificate can be downloaded.





Below mentioned are the CECs as per the courses:

Foundation Course	: 30 CECs
Expert Course	: 40 CECs
Exercise Science Course	: 30 CECs
Sports Nutrition Course	: 47 CECs

Eg: To get the Expert course recertification, the submitted certificate should have a CEC of 40 (i.e. 40 hours) of training completion. To get the Foundation course recertification, the Expert course certificate can be uploaded as well.

You can write to support@infs.co.in for any queries on recertification.

