

INFS Recertification Process

This document outlines the INFS Recertification Process which the INFS Certificate holders can refer to in order to get their certification 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 conunued investment in the field of interest.

Certification is time-limited, granted for 3 years periods only, and must be renewed.

Timeliness

Certified persons need to complete 2.0 Continuing Education Credits (CECs), every 3 years, to complete the requirements for recertification for INFS courses. Only INFS CECs are valid for INFS re-certification. The CEOs for INFS courses is detailed below The certification proof needs to be submitted to cad@infs.co.in in the format provided in the **annexure**.

Once an INFS certified person' s certification is nearing expiration, the candidate needs to provide proof Of the complete CECs no later than three months of expiry' of the existing certification.

If the scholar fails to apply for recertification within 3 months of certificate expiry, then their certification would be considered as null and void. Once the certification becomes void, the candidate would require to re-register and retake the relevant certification exam. The CECs need to be earned between the certificate date and the expiration date.



CECs of INFS Courses

CECs Of courses are determined based on the number Of hours of study required for the course, The CEC for INFS courses are as follows:

Course Name*	CECs	Duration (weeks)
INFS Nutrition and Fitness Expert Course	2.7	12
INFS Nutrition and Fitness Foundation Course	2	9
INFS Nutrition and Fitness Foundation and Expert Course	4.7	21
Exercise Science Specialist Course	2.7	12
Sports Nutrition Course	3.1	14

*Note: This table will be appended to as new courses are added to INFS Course List





ANNEXURE

The certification proof needs to be shared in an email with the information mentioned below:

- Full Name
- Address
- City /State /Zip
- Phone Number
- Registered Email ID
- Course Applied for Recertification/ Certification Date/ Expiry Date
- CEC earned within 3 -years period Of certification • Course for CES/ Certification Date/ Expiry Date

Please provide the copy of your existing Certificate and your New Course Certificate that earns you the CECs

