



ACADEMY FOR BRAIN HEALTH AND PERFORMANCE

FAQ

Who should take ABHP courses?

ABHP education and training programs are initially geared towards those professionals working in the medical fitness, commercial fitness, corporate wellness and destination retreat markets who are looking to expand their scope of practice. Soon ABHP will also offer courses for individuals and caregivers who want to learn about how to support their own brain health, fitness and performance or that of someone they care for.

What are the benefits of ABHP education and training?

ABHP current course offerings are online and self-paced. They offer access to the newest findings on brain health, fitness and performance directly from experts in the field. Course information is educational, engaging and immediately applicable to your practice, helping to give you and your clients a competitive edge. All courses provide short lectures, videos of experts discussing the topic and demonstrating assessments and interventions, self-check quizzes, and support material. ABHP education and training programs includes membership to the ABHP's brain health community and evidence-based resources, tools to engage your clients, newsletters, podcast, updates and more.

What is the difference between a certificate and a certification?

There is often confusion about the difference between a certificate and a certification.

Certificate Program

- Little or no professional experience required.
- Outcome is a result of an education and/or training process.
- Certificate awarded by educational program, providers, or institutions.
- Indicates completion of course or series of courses with a specific focus; course content not considered to be a definitive set of standards about the topic.

Certification Program

- Typically requires professional training and/or experience.

- Outcome is a result of an assessment process.
- Certification awarded by a third party, standard-setting organization.
- Indicates mastery and competency as measured against a defensible set of standards, usually by skills application and exam.

Does ABHP courses offer a credential?

Upon successful completion of each program starting with the Brain Health Educator, you can say that you are a “ABHP Certified Brain Health Educator” or “ABHP Certified Brain Fitness Trainer” or “ABHP Certified Brain Performance Coach.” It is however, not yet a formally recognized credential.

Why are ABHP courses offered in levels?

ABHP courses build on each other by providing foundational content about brain health, fitness and performance in the Lifestyle Medicine for the Brain and Brain Health Educator program courses, followed by courses that apply that foundational knowledge and skills in the use of evidence-based assessment and intervention solutions and technologies. Intermediate and Advanced level courses may not be appropriate for some people and are not required to earn individual certificates.

Why aren't ABHP courses open enrollment?

Our goal is to educate, empower and equip fitness and wellness professionals with the knowledge, skills and tools needed to promote brain healthy lifestyle habits. During each course, we provide encouraging reminders to complete the course within a specific time frame (usually 3 weeks) so you can begin applying what you have learned immediately.

How do I earn a certificate in a course?

You must fully complete all modules and related activities and quizzes for a given course, and score 80% or higher on the final assessment to earn a certificate. Each course is sequenced into modules; you must complete one before proceeding to the next.

Do you offer Continuing Education Credits?

We are able to offer continuing education credits from the Medical Fitness Association and American College of Sports Medicine for an additional fee. Wellcoaches will honor ABHP courses toward its continuing education requirement. We also have pending approval from several other institutions.

How long will I have access to course material?

As a reference, you will have access to course material for 1 year from the time you complete a course, but quizzes and assessments can't be repeated once you have finished the course. All participants of ABHP courses are automatically registered as ABHP members for one year free of charge. The benefits include access to ABHP's Brain Health Professional Portal that includes exclusive resources, including handouts, activities, articles, podcasts, past course materials, newsletter and more.

Can I start and stop a course?

Most of our courses are self-paced so you can work through them as you see fit. However, once you complete the final module, you will have 14 days to complete the final assessment in order to earn a certificate. If for some reason, you are not able to meet this criteria, you can contact ABHP and we will work with you to make alternative arrangements.

Other questions?

Contact info@brainhealthandperformance.com