



PLAR Application Checklist

Prospective FSNM students may apply for a Prior Learning Assessment and Recognition (PLAR). This review allows an assessor to determine whether previous academic experience matches courses in the FSNM curriculum. Prospective students may apply for recognition and exemption from any course offered within the FSNM program except courses 5: Clinical Nutrition and 6: Quality Management. It is at the discretion of CHA Learning to grant exemptions based on the information submitted by the student. A maximum of 3 courses in the FSNM program can be exempted.

Applicants with academic experiences in the following areas may be eligible for course exemptions, and therefore are encouraged to use the PLAR application:

- Culinary or Hospitality Management
- Business or Human Resources Management in hospitality/healthcare
- Red Seal cooks papers
- Nutrition and Dietetics
- Nursing or other healthcare professions with training/experience in nutrition care

Course Exemptions Checklist

✓	Required Submissions	Description	Supporting Information
<input type="checkbox"/>	1. \$100.00 PLAR Fee	Applicants may apply for exemptions from courses previously completed. Applicants may receive exemptions for up to a maximum of 3 courses.	In order for your PLAR request to be completed, you MUST add the non-refundable \$100 PLAR fee to your cart and pay for it with your application fee.
<input type="checkbox"/>	2. Transcripts	A copy of the transcript(s) that shows successful completion of the relevant course. Transcripts must include a final grade.	These transcripts relate specifically to the courses from which you are seeking exemptions. Secondary to the original transcripts submitted in the full application.
<input type="checkbox"/>	3. Course Description and Syllabus	Information pertaining to: 1. The school and program in which the courses were taken 2. Detailed topics of study 3. Course evaluation format (exams, assignments, etc.) 4. The number of course hours, if applicable	These course descriptions and syllabus relate specifically to the courses from which you are seeking exemptions.