



Develop



Promote



Protect



SENr

The Sport and Exercise Nutrition Register

www.senr.org.uk

What is SENr?

The Sport and Exercise Nutrition Register (SEnr) is a voluntary competency-based register for Sports and Exercise Nutritionists.

Our aim is to promote and develop sport and exercise nutrition through the development of professional standards and the assessment and registration of suitably qualified and experienced individuals.

SEnr is THE register for sport and exercise nutrition professionals and gives official registration to those working in the field of sport nutrition.

SEnr will...

- Protect** *athletes and sportspeople, ensuring the sport nutrition advice they receive is credible.*
- Develop** *the professional individual registrant and wider profession.*
- Set** *professional standards and education.*
- Promote** *registrants and the profession to the public and prospective employers.*

'Nutrition is a central element in the successful preparation for, and recovery from training and competition of top athletes and professional sportspeople. To ensure that sportspeople receive the best advice from nutrition professionals, who have the highest standards of competence and professional practice, the Register for professionals working in sport and exercise nutrition (SEnr) was established. As well as providing quality assurance, SENr promotes continuing professional development for people working in this field, thus driving the overall standard of the profession even higher for the benefit of all who participate in sport and exercise.'

Clyde Williams OBE, Chair of SENr Board and Emeritus Professor of Sports Science, Loughborough University

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Benefits of Joining

SENr

The Sport and Exercise Nutrition Register

Web Listing

Registrant details are listed on the SENr website. This allows prospective clients and employers to look for Sport and Exercise Nutritionists.

Networking

Connecting you with innovative, influential and inspirational people in the field of sport nutrition.

Professional Indemnity Insurance

Up to £3 million for your practice of Sport and Exercise Nutrition.

Resources

Free subscription to the leading magazine for nutritional professionals and access to nutrition resources on the British Dietetic Association members' website.

Support

Access to the British Dietetic Association Specialist Group Sports Dietitians UK:
www.sportsdietitians.org.uk

Discounts

25% discount on the Sport and Exercise Nutrition textbook produced by the Nutrition Society.

'As a Registered Sports and Exercise Nutritionist working with the Great Britain Rowing Team, I see on a daily basis, how diet and nutrition significantly affects sports performance. The composition, amount and timing of food and fluid consumed by athletes can impact their health, performance, and recovery from the effects of training and competition. There is a growing need for sound advice given by appropriately qualified Sports and Exercise Nutritionists. This register will clarify the sources of credible information, and regulate professionals with the suitable qualifications. As a professional working in this field I fully welcome the creation of SENr and envisage this register becoming an essential accreditation criterion for the profession in the near future.'

Wendy Martinson OBE BSc (Hons) PG Dip Registered Dietitian & Sports Nutritionist (RSEN) Lead Nutritionist Great Britain Rowing Team

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How to Join the Register

There are two routes to registration on the Sport and Performance Nutrition pathway of SENr.

Full Registration

For individuals who can meet the SENr competencies in Sport and Exercise Nutrition with appropriate qualification and professional experience. Application is through submission of a portfolio.

Graduate Registration

For individuals who have completed appropriate qualifications, but do not yet have the professional experience. Application is through submission of qualification evidence and CV.

Contact

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Founding Partner:

The
Dairy Council

