

SENr

The Sport and Exercise Nutrition Register



Guide to Graduate Registration

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Purpose of this guide

This guide is intended to help you understand the Sport and Exercise Nutrition Register (SENr), the registration process for Graduate registrants and describes how to apply for registration.

1.0 Overview

1.1 What is Sport and Exercise Nutrition?

Sport and Exercise Nutrition applies knowledge of the science of nutrition in order to promote exercise and sport performance. It is the science of the effects of diet and dietary components on the performance of the athlete, and of how exercise affects the metabolism of nutrients in the body and the body's requirements for nutrients. Sport and Exercise Nutrition requires an understanding of the physiological, biochemical and nutritional responses to the physical activity and exercise involved in all forms of sport, and of the special circumstances that occur during training and competition in sports.

1.2 Why Sport and Exercise Nutrition is important

Diet and nutrition significantly affect sport performance. What an athlete drinks and eats before, during, and after training and competition affects health, body mass and body composition, as well as performance in, and, recovery from, the effects of exercise. An optimum diet can help to maximise sport performance.

An increased level of participation in physical activity, exercise and sport would help to improve the health and well being of our sedentary general population. Increased physical activity can help to reduce obesity, the risk of heart disease, some cancers, and osteoporosis, and can play a role in promoting mental health. Sound knowledge of sport and exercise nutrition can ensure a healthy balance between exercise and diet of individuals and groups of individuals at all levels of fitness. Due consideration must be given to the special needs imposed by participation in different forms of sport or exercise chosen and to the circumstances and characteristics of the individual. While the evidence clearly shows that good diet and nutrition are vital for good health in all individuals, a growing variety of 'health' foods, ergogenic aids, supplements, herbal remedies and functional foods are on sale. There is thus a growing need for sound advice on Sport and Exercise Nutrition, across a wide-spectrum from amateur to elite professional levels within sports.

Sound knowledge of sport and exercise nutrition is also important for the families of athletes, for coaches, and for others working with athletes such as teachers, managers, and administrators of events and clubs.

1.3 Challenges in Sport and Exercise Nutrition in the UK

Sports Nutrition has lacked a single voice to speak for, oversee and support professional development and care in Sports Nutrition, owing to a shortage of suitably qualified experienced Accredited Sports Dietitians and a lack of clear career paths for other professionals. Few degree courses have a vocational focus. There is no framework to control the quality of professional education in Sports Nutrition. Sports Nutrition requires a coherent national framework and standards, like sport psychology and sports science.

The special needs of the sports sector create special challenges for partners to collaborate to extend their separate voluntary registers. Self-sustaining voluntary regulation cannot occur without support from (future) employers of sports nutritionists. Employers and athletes need to be confident that eligibility for registration means timely, safe and up-to-date advice in sports nutrition, high standards among practitioners, with sanctions if necessary.

Increasing the numbers of suitably qualified Sport and Exercise Nutritionists would dispel public confusion about sources of credible information, advice and support needed to make and sustain changes towards healthier eating and physically active lifestyles.

1.4 Problems for public confidence in nutrition advice

The mass media are an important source of information on nutrition for many in the general population and therefore have enormous potential to influence dietary behaviour. Commercial interests, especially the increasing proliferation of new 'diets' and dietary therapies have led to 'misleading and conflicting messages about the benefits' of certain foods' and 'the public is now confused by the inconsistency of the messages. There is also evidence of cynicism and distrust of expertise, an important factor in the establishment of the Food Standards Agency, to protect consumers. Statutory or credible voluntary registration and accreditation schemes for professionals are an important way to protect the clients and the public.

2.0 Purpose of the register

The Register in Sports and Exercise Nutrition (SENr) is a voluntary register designed to accredit suitably qualified and experienced individuals who have the competency to work autonomously with performance oriented athletes, as well as those participating in physical activity, sport, and exercise for health.

The register is expected to help in:

1. Public protection, namely the sport and performance focused exercising community.
2. Setting, protection and promotion of standards of services and education.
3. Professional development of individuals.
4. Developing the profession and its knowledge base.

Therefore, it aims to:

- Identify professional standards and competences for Sport and Exercise Nutritionists/Dietitians.
- Enable individuals to identify gaps in their knowledge and skills that they need to fill before they can work with athletes.
- Guide the development of curriculum that would provide the core competences in Sport and Exercise Nutrition.
- Provide Sports and Exercise Nutritionists and Sports and Exercise Scientists with an accreditation route, alongside the Accredited Sports Dietitians.
- Enable Registered Sport and Exercise Nutritionists/Dietitians to develop their careers in an appropriate and structured manner.
- Promote recognition of Sport and Exercise Nutrition as a specialism.
- Promote recognition of Sport and Exercise Nutritionists/Dietitians as professionals.

3.0 Scope of practice

The scope of practice of Sports and Exercise Nutrition includes promoting excellence in sport performance as well as promoting participation in physical activity, sport, and exercise for health.

Application of Sport and Exercise Nutrition in professional practice involves the translation of knowledge about nutrition and sport as well as exercise and physical activity, into practical advice for individuals and groups of individuals. Professional application of Sport and Exercise Nutrition requires integration of scientific knowledge with understanding of the social and psychological aspects of motivation and human behaviour. Professional Sports and Exercise Nutritionists require proficiency in communication and education about their subject in order to be able to give and formulate advice that is appropriate and relevant to an individual or group of athletes.

Each professional's role depends on the interests, experience, and aptitudes of that individual, in any one or more of three scopes of practice:

1. Sports and Performance.
2. Exercise and Health.
3. Education and Research.

4.0 Graduate Registration

Those new to the field, or new graduates can apply for Graduate registration. This enables people who have the appropriate knowledge base but not yet the experience, to join the Register. It encourages safe and ethical practice in graduate registrants from graduation and their initial engagement in sports and exercise nutrition at different levels of practice.

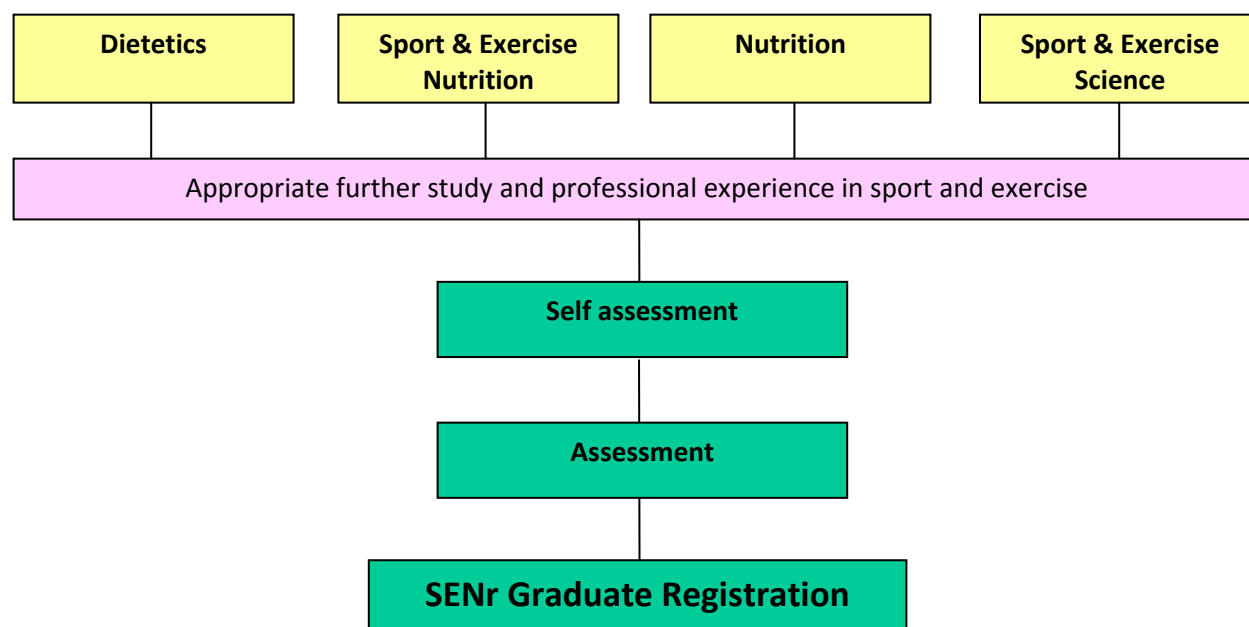
Applicants need to demonstrate achievement of all the knowledge criteria.

A list of Graduate Registrants will be available to view on the SENr website.

5.0 Registration

Graduate Registration is the process needed to be undertaken by individuals who can demonstrate the competencies for SENr Graduate Registration as set out in the document, SENr Competences in Sport and Performance Nutrition for Graduate Registrants. Figure 1 illustrates this process.

The Registration Process – Figure 1



Graduate Registration is awarded to individuals who can demonstrate the appropriate knowledge, evidenced by qualifications.

It is expected that individuals with a founding degree in Dietetics/Nutrition will have undertaken appropriate further programmes of study in Sport and Exercise Science. The reverse is true for those with a founding degree in Sports and Exercise Sciences.

The routes to registration are:

- I. A taught postgraduate and/or Bachelors of Science with Honours degree in a Sport and Exercise Science related subject, plus at least 10 European Credit Transfer and Accumulation System (ECTS) credits at an intermediate level in Sport Nutrition or Dietetics;
- II. A taught postgraduate and/or Bachelors of Science with Honours degree in Nutrition or Dietetics, plus at least 10 European Credit Transfer and Accumulation System (ECTS) credits at an intermediate level in a Sport and Exercise Science related subject.

Applicants for Registration must agree to abide by the SENr Graduate Code of Professional Conduct, pay an annual registration fee and become a member of The British Dietetic Association.

All graduate registrants must hold appropriate Professional Indemnity Insurance, which is provided as a benefit of membership of the BDA.

Individuals who have been struck off the Health Professions Council's statutory Register or any other UK or overseas register for breach of professional code of conduct shall be ineligible for registration. Those who promote or sell supplements or proprietary products in the sporting world for personal profit will also be ineligible (refer to the SENr Graduate Code of Professional Practice).

The maximum period of graduate registration will be 5 years; after which time the registrant will be required to demonstrate the requirements for full registration in performance or community sports they will be removed from the register. The performance registration route is available now, the community sports route is in development. This route will apply to those working with local clubs, individuals at local or county level and in lifestyle settings.

6.0 How to apply

6.1 Stages of Application

Stage 1 - Self Assessment

The competencies expected of the SENr graduate registrant in Sport and Performance Nutrition are summarised in the document, 'SENr Graduate Self Assessment of Professional Competence'.

All potential applicants are required to undertake a self assessment against the competency framework prior to submitting an application. The purpose of this self assessment is to ensure that only suitably qualified applicants proceed to apply for formal SENr assessment of competency.

If you do not meet all criteria do not submit an application for assessment.

Stage 2 - Assessment

An application for assessment can be made at four points throughout the year. The deadline for applications are:

- 1 January
- 1 April
- 1 July
- 1 October

1. Each applicant for registration shall submit a SENr Graduate Assessment to include:
 - a. A completed graduate assessment application form and checklist.
 - b. An up-to-date CV.
 - c. A completed character reference form.
 - d. Attested photocopies of relevant qualification certificates, and where possible, transcripts.
 - e. Certified translations of transcripts of courses of study and qualification certificates in languages other than English.
 - f. Applicants who qualified in countries outwith the European Union will be required to submit an assessment of equivalence to an award from the United Kingdom by National Recognition Information Centre (NARIC).
 - g. If English is not your first language, an English language proficiency test certificate.
2. Normally within 5 working days of receipt of each application, the applicant will get an acknowledgement by email. At the same time, any missing information will be sought.

Applicants will be informed by e-mail of the outcome of the assessment normally within 1 month of the deadline date for application.

- a. Applicants who fail to demonstrate that they have acceptable relevant degree-level qualifications in sport science, sport nutrition or dietetics will be not be eligible for graduate registration.
- b. Applicants who demonstrate that they have acceptable relevant degree-level qualifications will be informed that they are eligible for graduate registration.

Stage 3 - Outcome of an application for registration

The outcome of an application for registration shall be one of the following:

- a. Admission as a graduate registrant. The registrant receives a certificate of registration.
- b. Rejection for any applicant who fails to meet all the criteria for admission, including unfitness, failure to show competency, or a false declaration.

The applicant shall be informed of the outcome of the application in writing, normally within 1 month of the deadline date for application.

The successful applicant will then be invited to register by paying the registration fee and BDA membership fee. Once all fees have been received the successful applicant will be sent a registration certificate and their name will be added to the graduate register.

A protocol will determine the advice an unsuccessful applicant will receive about the education he/she needs to complete in order to make a well-founded application in future.

6.2 Fees and British Dietetic Association (BDA) membership

The fees for registration and BDA membership are as follows:

All SENr registrants are required to be BDA members.

Registration Fees

There is a registration fee for joining the register. This is payable after confirmation is given that applicant is eligible to join the register. As registrants can join at four points through the year the first fee is pro-rata:

1 March	£50
1 June	£37.50
1 September	£25
1 December	£12.50

The registration fee is an annual fee of £50 payable on the 1 March.

The British Dietetic Association (BDA) Membership Fees

All registrants on the register are required to be a BDA member. Nutritionists and Sport Scientists are required to join as an Associate member. Dietitians are required to join as a Full member. This is an annual fee. Registrants can also join the BDA at four points through the year and the first fee is pro-rata.

2010-2011 Associate membership fees for Nutritionists and Sport Scientists:

1 March 2010	£81
1 June 2010	£60.75
1 September 2010	£40.50
1 December 2010	£20.25

2010-2011 Full membership fees for Dietitians:

1 March 2010	£240
1 June 2010	£180
1 September 2010	£120
1 December 2010	£60

6.3 Appeals

A protocol exists to cover the procedures for appeals against a decision about Assessment or other aspects of registration.

6.4 Access to and administration of records

Protocols will govern sharing and access by staff, agents and service providers to records, in order to secure efficient customer care, fair, robust and high quality of administration.

All correspondence and documents not already in the public domain in respect of an application are treated as strictly confidential to the applicant and members of the SENr staff, assessors and Registration Committee.

Documents pertaining to an application shall be kept for the life of the registrant.

We request that all applicants retain a copy of their application.



SENr

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*The Sport and Exercise Nutrition Register, C/O The British Dietetic Association,
5th Floor Charles House, 148/9 Great Charles Street Queensway Birmingham
B3 3HT Tel. 0121 200 8080, e-mail: info@senr.org.uk*