

**Message from the Chair of SENr Board,
Dr Stuart Galloway**



Dear Registrants

Welcome to the Autumn newsletter from SENr, the voluntary, competency based register for sport and exercise nutrition professionals.

I think it is fair to say that the past 12 months have been tremendous for SENr. We have seen the Register significantly extend its reach and visibility as the industry standard setter for sport and exercise nutrition. Numbers on the Register now exceed 200 and there is continued and strengthened commitment from the major UK employers (the four country institutes of sport) as well as other high profile organisations.

In addition, SENr now benefits from two major industry partnerships with Informed Sport and Dairy Council. We have established close collaborations with UK Anti-doping who also have representation on our Board. Indeed this year we launched SENr's Commitment to Clean Sport and its Supplement Position Statement. Both documents further cementing the Register's role to protect athletes and promote ethical practice.

In November 2015 SENr ran a fantastic showcase event at the home of Scottish Rugby, BT Murrayfield Stadium. This year's event at Northern Ballet, in Leeds promises to be equally exciting. The programme showcases our registrants' successes at Rio and focusses in particular on endurance sport – bringing in speakers from the wider multi-disciplinary team.

In order to support your CPD activity, SENr has increased the number of sport and exercise nutrition articles in the BDA's publication Dietetics Today. I invite you to look out for December's edition which will fly the flag for those who attended and supported athletes at the Olympics and Paralympics this summer.

Finally, in response to your feedback, this newsletter launches our streamlined Registration process. We have merged the Full and High performance categories into one Practitioner category of registration. We believe this will add greater clarity to prospective registrants and to employers and clients. Read more below.

We look forward to a fantastic year ahead during which we will see an exciting campaign being run to further raise the profile of the Register within the sporting community. Thank you all for your continued support of the Register.

Autumn Showcase Event, Leeds



A fantastic line up for this exciting event themed around endurance sport. Incorporating the latest in research and MDT practice and preceded by an evening networking event celebrating SENr successes at Rio.

Our work with UK Anti-Doping

In collaboration with UKAD, SENr launches a Commitment to Clean Sport and Supplement Position Statement.

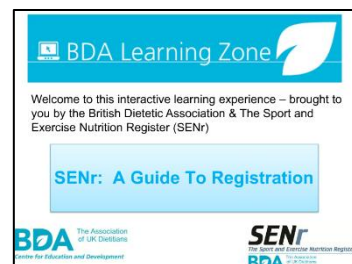
Streamlining Registration



Practitioner registration replaces the old Full and High Performance categories

Bringing you online CPD

SENr launches the first in a series of online learning modules.



Streamlining Registration – You spoke, we acted!



Competency statements have been updated in light of requirements to complete [UK Anti-Doping Accredited Advisor Training](#) and a handful of the competencies have been classified as 'desirable' rather than 'essential'.

Finally, as it is extremely important that stakeholders and clients can differentiate between categories of registration and the skillsets of registrants, we have replaced the credential R.SEN with three distinct logos. Registrants can expect to receive their relevant logo imminently to be used on correspondence and marketing materials.

Following your mandate via a recent survey, we have streamlined and clarified our approach to registration, replacing the Full and High Performance Categories with one Practitioner category. The Board believes that the core skills and knowledge should be integral to all

SENr client consultations and interventions, regardless of level of athlete. In addition, there is equal value in working amateur athletes and the general public as there is working with the elite.

For practitioner registration applicants will no longer be asked for additional commentary (over and above the case study). Rather they can use the self-assessment checklist to signpost to the relevant evidence.



SENr Autumn Showcase, 3rd-4th November, Leeds City Centre

A fantastic opportunity to hear research updates, information about practice and careers in SEN and a chance to meet your SENr Board.



- MDT working: A session based around endurance sport to be chaired by **Dr Kevin Currell, EIS** – welcoming key members of the MDT, including **Olympic nutritionist Lucy Wainright**.
- Dr Glen Davison, School of Sport and Exercise Sciences - Director for MSc Sports Science for Optimal Performance / Senior Lecturer, University of Kent discussing **gastro health in sport**.r James Morton, Liverpool John Moores presenting on **Sports Nutrition at the Tour de France**.
- Professor Sue Backhouse and Nuala Deans presenting on **clean sport / training on behalf of UK Anti-Doping**.

On 3 November, we will be hosting a portfolio training day and networking evening plus insights and celebrations from Rio with Wendy Martinson OBE (English Institute of Sport), Sharon Madigan (Irish Institute of Sport), & Olivia Busby (Sport Wales).

BOOK NOW TO SECURE YOUR PLACE!

Key Guidance Documents and Collaborations

2016 has seen the development of some vital guidance documents by SENr, helping to cement the Register's role protecting registrants, athletes, employers and the wider public. Crucially, we launched two documents in collaboration with UK Anti-doping, a Commitment to Clean Sport and SENr's Supplement Position Statement, which was endorsed by Informed Sport, UKSCA and BASES.

In addition we updated the SENr Code of Conduct, strengthening links with the requirements of UK Anti-doping and the WADA Code and produced Record Keeping Guidance, to ensure that our Registrants can demonstrate ethical practice and maintain an audit trail of evidence.

All our guidance documents can be found in full on the [SENr website](#).

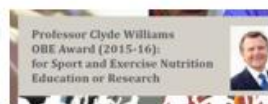
Awards

SENr is keen to offer registrants the opportunity to showcase their work to the wider sporting, nutrition and dietetic communities. December 2015 saw Laurent Bannock winning the inaugural Professor Clyde Williams Award for his outstanding contribution to sport and exercise nutrition education via the "We do Science" podcasts, presenting at the BDA's flagship event, BDA Live.

Also presenting at this event were Alistair James Monteyne and Neasa Ford, winners of the 2015 Dairy Council Awards. The 2016 Dairy Council Awards are currently open for submissions – further information can be found [here](#).



Laurent Bannock, winner of the Professor Clyde Williams OBE Award.



Bringing you opportunities for Continuing Professional Development

We hope you will have noticed the increased number of sport and exercise nutrition articles in Dietetics Today. On behalf of the wider Board, Richard Chessor (British Swimming) has been working with the team at the BDA to bring you informative and educational updates from SEN research and practice. Recent articles have included:

- Translating Science into Applied Practice, Professor Graeme Close (April 2016)
- Vitamin D, What's all the Full About? Professor Graeme Close and Dr Daniel Owens (May 2016)
- The Journey to Full Registration, Susan Hunter (July 2016)

We have many more articles planned including a feature in December's edition of DT with highlights and case studies from Rio 2016. If you are interested in contributing an article to the magazine, please contact s.gill@bda.uk.com

Online Learning

We are delighted to bring you the first SENr online learning module: **SENr – A Guide to Registration**. This interactive programme will take you through the basics of joining the Register, in particular focusing on the requirements for Practitioner Registration. The module includes videos, quizzes and case studies and there is an opportunity for you to download a completion certificate for your CPD files. SENr will also be launching a guide to Case Study development early next month.



Recognising High Quality Education

In the past 12 months, SENr has extended its programme of accreditation for MSc/PgDip Sport and Exercise Nutrition programmes and Approval for programmes at undergraduate level.

Any student successfully graduating from an SENr accredited course (MSc or PgDip) will be automatically eligible to join the SENr Graduate Register (upon submission of registration form / fee and character reference form). Those graduating from an Approved undergraduate programme can be assured of the quality of the educational provision and will be equipped to take the next step in their journey into the profession, by embarking upon a postgraduate level qualification.



We will be opening another round of accreditation and approval submissions for Sport and Exercise Nutrition programmes shortly.

Practice Based Evidence in Nutrition (PEN)

A key membership benefit for SENr/BDA members is PEN, a global nutrition and dietetic resource that provides quick online access to the most up-to-date, critically appraised evidence on more than 190 nutrition and dietetic-related topics all in one handy, easily searchable system. PEN synthesises the ever-changing and ever-expanding evidence-base using the highest quality research available and supports you to apply that evidence-base in a practical way to practice (called '**Knowledge Translation**'). Why not have a look at the Sports Nutrition 'Knowledge Pathway'?



And Finally.....

We are excited to announce that we will be launching a UK-wide campaign to raise the profile of SENr amongst athletes, employers and the general public. Further details will follow shortly but we hope we can count on your support to make this venture a success.

All that's left is to offer you our sincere thanks for supporting the work of the Register. We look forward to seeing you all in November at our Autumn Showcase and developing the Register further in 2017 and beyond.

SENr Planner (Oct 2016- Dec 2017)

Month	Activity
October 2016	<p>Launch of streamlined registration process and competency framework / guidance with three categories of registration only:</p> <ul style="list-style-type: none"> • Graduate • Practitioner • Academic Associate <p>Registrants will shortly receive new logos for emails / websites etc.</p> <p>Launch of two new online modules:</p> <ul style="list-style-type: none"> • Guide to Registration • Developing a case study
November 2016	<p><u>Autumn Showcase Event (3rd-4th November, Leeds)</u> <u>Portfolio training day (3rd November, Leeds)</u></p>
December 2016	<p>ISENC: SENr presentation and lunchtime Q&A session</p> <p>Portfolio Submission for Practitioner Registration (15th)</p>
January 2017	Registration Panel Meeting (13th)
February 2017	<p>Accreditation and Approval Submission for Undergraduate and Postgraduate programmes (1st)</p> <p>Annual Accreditation and Approval submission date for Undergraduate and Postgraduate programmes (1st)</p>
March 2017	Review of Accreditation and Approval submissions (TBC)
April - May 2017	<i>Exciting SENr Campaign – More to follow.</i>
June 2017	<p>Registration Submission Date (1st)</p> <p>5 year re-accreditation submissions for Practitioner Registrants (1st)</p> <p>3 year + CPD submissions for Graduates (1st)</p>
July - August 2017	Registration Panel Meeting (applications, 5 year re-accreditation, Graduate CPD) (TBC)
September - October 2017	Showcase Event (TBC)
December 2017	<p>Registration submission date (1st)</p> <p>ISENC</p>

SENr: Shaping the future of sport and exercise nutrition