

SENr

The Sport and Exercise Nutrition Register

Competency Framework for the Sport and Exercise Nutrition Register (SENr)

Graduate & Practitioner

October 2016

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Introduction

This document describes in detail the collection of competencies applicants will be expected to demonstrate in order to achieve a) Graduate registration and b) Practitioner registration.

The competencies required cover underpinning scientific knowledge and the professional application of knowledge, skills and attitudes in the field of sports and exercise nutrition.

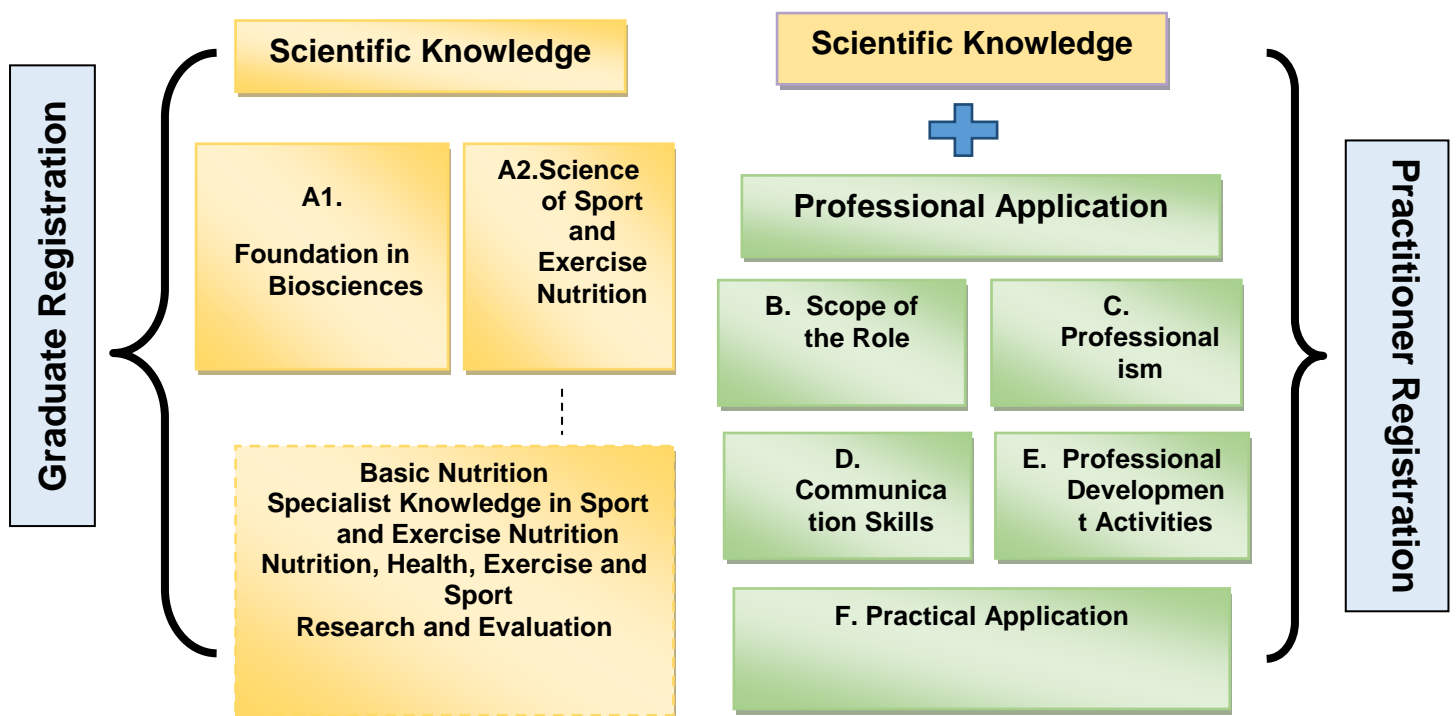
All applicants (both for Graduate and Practitioner status) must meet the competency requirements in Section A thus demonstrating robust and sound academic subject knowledge. This will be achieved through a combination of undergraduate and postgraduate study as outlined in the 'SENr Guide to Registration'¹. ***Meeting the requirements set out in Section A will ensure an applicant's eligibility to join the SENr Graduate Register.***

Applicants applying to join the Practitioner Register, must, through a portfolio of evidence, prove their ability to apply nutritional processes and offer nutritional advice in a practical sport and exercise environment. ***Meeting the requirements set out in Sections A-F will ensure an applicant's eligibility to join the SENr Practitioner Register.***

An overview of the SENr Competency Framework is provided in Figure 1.

¹ SENr Guide to Registration, 2016

Figure 1. SENr Competency Framework



Within the framework, competencies are categorised into two categories: Essential (E) and Desirable (D). Competencies within the Graduate Registration Framework are all marked essential. Competencies within the Practitioner Registration Framework are marked essential or desirable. With particular regard to the areas marked essential, unless otherwise stated, competency means sufficient knowledge and understanding for application in safe, sound, effective and ethical practice.

PART 1: Scientific Knowledge (Section A)

All registrants, both at Graduate and Practitioner Registration Level, must demonstrate the competencies outlined in PART A.

The **Scientific Knowledge** base has two components:

1. Foundation in Biosciences.
2. Science of Sport and Exercise Nutrition.

NB: Registrants must demonstrate comprehensive understanding of the knowledge and skills outlined in Section A. This will be through a combination of undergraduate and postgraduate level training in dietetics / nutrition and sports science. Please see the guidance document for further information. Applicants are required to submit evidence of qualifications achieved.

NB: If your postgraduate qualification is via a SENr Accredited programme you only need to submit evidence of your postgraduate award.

All competencies in Part A are deemed to be Essential and must be met by all applicants.

No.	Skill / Knowledge Area
A1	Foundation in Biosciences
A1.1	Know and understand the human body and its functions, especially digestion, absorption, excretion, respiration, fluid and electrolyte balance, the cardio-vascular system, neuro-endocrine system, musculo-skeletal system, immunity and thermoregulation.
A1.2	Know and understand mechanisms for the integration of metabolism at molecular, cellular and whole body levels.
A2	Science of Sport and Exercise Nutrition
A2.1	Basic Nutrition
A2.1.1	Know, understand and have the ability to critically evaluate methods of measurement and evaluation including anthropometric, dietary, biochemical, physiological and functional methods of assessment.
A2.1.2	Know, understand and have the ability to critically evaluate the theory and methods of investigating the dietary and nutrient patterns of the general population and subgroups of the population. This will include analysis of qualitative and quantitative dietary and nutritional data, utilising database systems as appropriate.
A2.1.3	Know, understand and critically evaluate nutrition science and its role in promoting human health including the: <ul style="list-style-type: none"> • role of macro and micronutrients and other metabolically active components of food (e.g.fibre); • metabolic effects of anti-nutrients (e.g. tannins), food additives, pharmacologically active agents (drugs); • nutrient-nutrient interactions; • potential of 'nutri-ceuticals' and functional foods.
A2.1.4	Know, understand and have the ability to critically evaluate the scientific basis for the measurement and estimation of nutritional requirements, limitations and usefulness of dietary reference values and recommended dietary allowances for the general population and safe upper levels of individual nutrients including in the context of the special needs of vulnerable groups.

A2.1.5	Know and understand the aetiology of nutritional or nutrition-related problems that are relevant to sport and exercise performance.
A2.1.6	Know and understand how to take ethnicity or culture into account in formulating practical advice in terms of foods, meals and menus.
A2.1.7	Know and understand the principles of food preparation, handling, management and safety.
A2.2	Specialist Knowledge in Sport and Exercise Nutrition
A2.2.1	Know and understand the nature of different sports to ensure an interdisciplinary approach to nutrition support to include: <ul style="list-style-type: none"> • principles and components of fitness; • physiological and biochemical demands of participation in sport and exercise; • training practices, physical demands and rules of sports; • lifestyles of clients; • the nutritional implications of the physiological demands of training for and competing in sport and exercise.
A.2.2.2	Know, understand and critically evaluate the theoretical basis for the metabolic effects, efficacy, health, safety and legal aspects of ergogenic aids of all kinds including pharmacologically active agents, sports foods, sports drinks, and supplements.
A2.2.3	Appreciate the ambitions, values, beliefs, motivations and psychosocial concerns of clients.
A2.3	Nutrition, Health, Exercise and Sport
A2.3.1	Know and understand the effects of disease processes on: <ul style="list-style-type: none"> • diet and nutrition • exercise and sport performance.
A2.3.2	Know and understand how to: <ul style="list-style-type: none"> • elicit relevant information for the formulation of appropriate advice; • select, assess, and analyse information in order to formulate recommendations about nutrient requirements and status of client(s); • design advice that will optimise performance and give consideration to the health of the client(s).

A2.4	Research and Evaluation
A2.4.1	Know, understand and have the ability to critically evaluate a range of valid and reliable research methods appropriate to evidence-based practice in sport and exercise nutrition. Continually evaluating contemporary research to ensure own practice is evidence-based and up to date.

PART 2. Professional Application (Sections B - F)

All Practitioner registrants must demonstrate the competencies outlined in PART 2 (Sections B-F).

It is the **application** of the knowledge, skills and attitudes of Sport & Exercise Nutrition professionals that enables **Full** registration with the SENr. The competencies outlined focus on professional application and demonstrate the registrant's ability to practise within the framework set out in the **SEnr Code of Professional Conduct**².

The expectations of Registered Sport and Exercise Nutrition Professionals are similar to those of Registered Health and Care Professionals³. The registrant is expected to demonstrate professional accountability and must recognise the scope and limits of one's own competence. Thus the registrant must refer to other professionals for advice and guidance as appropriate.

The competencies are identified as being either **Essential (E)** or **Desirable (D)**. ***With particular regard to the Essential category, defining minimum standards in these areas indicates adequate preparation for beginning safe, ethical practice in a profession.***

²Sport and Exercise Nutrition Register Code of Professional Conduct (2016)

³The Health Professions Council's 'Standards of Conduct, Performance and Ethics' (2008) and 'Standards of Proficiency' (2007).

No.	Skill / Knowledge Area and Specific Competence	Essential or Desirable	Evidence examples ⁴	Applicants should use this area to evidence ability to meet each competency area.	Competence. For Assessor Use.			
					Met Fully	Partially met	Not met	N/A ⁵
B.	Scope of the Role							
B1	Boundaries of the Profession							
B1.1	Maintain fitness to practice, ensuring on-going adherence to the SENr Code of Conduct.	E	<ul style="list-style-type: none"> All evidence presented should underpin this competence. Show maintaining practice. Actively working in sports nutrition CPD log and personal development plan Membership of specialist groups Evidence of involvement in the discipline 					
B1.2	Lead, support, refer and defer as appropriate; as such knowing the limits of one's own practice and where and when to seek advice and/or refer to another professional, for example clients with specific health issues including complex	E	<ul style="list-style-type: none"> Examples within case studies of team work evidenced by supporting statement from a medical colleague Referral to a health professional as appropriate, 					

⁴ Evidence examples listed in this section are to provide a guide to the applicant. Not all examples need to be used in each case. Equally the list is not exhausted and alternatives can be sought.

⁵ Knowledge shown but not applicable to current practice

	clinical conditions, disability and eating disorders.		eg. GP, Sports doctor, exercise physiologist for appropriate investigations/testing or specialist clinical dietitian for specific disorders e.g. Diabetes, Crohns disease etc				
B2	Legal and Ethical Framework⁶ <ul style="list-style-type: none"> • Legislation • Protecting Client(s), Colleagues and Self 						
B2.1	Understand and apply the legal and ethical responsibilities of professional practice ⁷ , exercising a duty of care to clients including adherence to child protection and safeguarding legislation or policies.	E	<ul style="list-style-type: none"> • Inherent in all presented evidence. • Case study • Evidence of assessment of risk management when advising risky or controversial nutritional approaches • Simple record keeping, data protection, confidentiality. 				
B2.2	Be familiar with and comply with anti-doping practices, procedures and legislation. Providing current evidence of UK Anti-doping advisor training. <i>NB. Or applicable international training programmes for non-UK applicants.</i>	E	<ul style="list-style-type: none"> • Case study • Working presentations, Anonymous patient records • UK Sport, NGB, Home Country Institute Policy • Applying practices and procedures UK and worldwide. 				

⁶Registrants should be aware of variations in Home Country and Overseas legislation, as applicable to their professional environment.

⁷ Including a requirement for appropriate Professional Indemnity Insurance; legal obligations under Consumer and other relevant legislation.

B2.3	Maintain appropriately detailed written or electronic records of client care, prescribed diets and advice issued, as detailed in the SENr record keeping guidance document, such that these can support and justify the rationale for one's actions should it be required in a court of law.	E	<ul style="list-style-type: none"> • Anonymised client / service user records • Anonymous submissions for SENr. Acknowledging consent sought for case study. • Timeline of meetings, consultations, monitoring undertaken, nutrition plans, advice sheets 				
B2.4	Acknowledge equality, diversity and the rights of the individual and ensure that practice serves the best interests of the client(s).	E	<ul style="list-style-type: none"> • Case study and any workshop presentations and information, leaflets for groups and individuals • Evidence of providing informed choice relating to use of specific supplements, dietary approaches and cultural practices e.g. Ramadan 				
B2.5	Maintain a safe working environment that conforms to health and safety legislation and organisational policies ⁸ .	E	<ul style="list-style-type: none"> • Policy documents • Insurance • Food Hygiene training and safe food storage and handling • Awareness of policies in place when working outside of your traditional / home environment. <p><i>NB. Please include a copy of the</i></p>				

⁸ Health and Safety at Work Acts or equivalent.

			<i>L2 Award in Food Safety and Catering or equivalent.</i>					
B2.6	Obtain informed consent before conducting a procedure or intervention or sharing of information.	E	<ul style="list-style-type: none"> Signed consent, signed agreement, documentation of informed consent Email, consent form with evidence that the service or procedure has been explained. 					
B2.7	Adhere to the principles and practice of confidentiality ⁹ in the recording and sharing of information.	E	<ul style="list-style-type: none"> Anonymity and recognition of this in team working procedures possibly evidenced in case study or by colleagues Do not publish details, photos of consultations on social media e.g. Twitter, blogs websites Awareness of consent for social media. 					
C.	Professionalism:							
	<ul style="list-style-type: none"> <i>Practicing as an Autonomous Professional</i> <i>Team Working</i> 							
C1	Determine dietary practices and nutritional requirements from history, interview and investigation to assess nutritional needs holistically using methods that are evidence-based to determine a plan	E	<ul style="list-style-type: none"> Case study examples of how to modify diet, social media apps, facebook as educational tool (private). Food diary records, training 					

⁹ Data Protection Act or equivalent.

	of action, in collaboration with the client, team and/or other stakeholders.		logs, nutritional calculations					
C2	Work collaboratively to plan, implement and review interventions.	D	<ul style="list-style-type: none"> Appropriate use of online media, justification of use of chosen tools. Case study and peer testimonial Review nutritional requirements as training programme is modified 					
C3	Contribute as appropriate to the formulation of standards, guidelines, strategy and policy on behalf of any sporting or regulatory body.	D	<ul style="list-style-type: none"> Minutes of meetings, formal acknowledgement of contribution, peer or colleague testimonial / reference Travel nutrition strategy (e.g. hydration, food availability, travel nutrition packs for athletes) Sport supplement policies, involving other members of the team. 					
D.	Communication Skills <ul style="list-style-type: none"> Communication Research Data 							
D1	Demonstrate proficient communication skills to elicit, interpret, integrate, assess and apply relevant information in order to provide safe and sound individualised advice. ¹⁰	E	<ul style="list-style-type: none"> Written information for case study client and others Translation of dietary goals and targets into a coherent food and fluid plan for the athlete according to their level of skill, budget, personal circumstances. 					

¹⁰(Communicate in English to the standards equivalent to level 7 of the International English Language Testing System [*HPC standard of proficiency*])

D2	Present information clearly, tailored to the needs of the client or audience where groups are concerned promoting sport and exercise nutrition in an informative, engaging and professional manner.	E	<ul style="list-style-type: none"> • Case study, presentation material from workshops and client feedback from workshops • Use of Sports specific Personal goals and plans rather than generic guidelines. Timeline for review. 				
D3	Collate, analyse and interpret published information on behalf of the client(s), developing resources to support service interventions and client education and effectively communicate the interpretation of data and proposed interventions.	E	<ul style="list-style-type: none"> • Case study • Professional talks, lectures and workshop materials eg. role of Vit D and benefits and develop protocol for monitoring Vit D status, advise on consensus for optimal blood levels and safe supplementation protocols and dietary interventions to support recommendations. 				
E.	Professional Development Activities <ul style="list-style-type: none"> • <i>Review, Reflection and Quality Control</i> • <i>Continuing Professional Development (CPD)</i> 						
E1	Continually reflect on and evaluate practice to: <ul style="list-style-type: none"> • maintain effective audit trails; • implement quality control, quality assurance and reflective practice procedures; • implement strategies to mitigate against risk; • identify areas for self-development; • take into account evidence of best practice. 	E	<ul style="list-style-type: none"> • Reflective logs, peer review, CPD logs, portfolios, personal and peer review • Record of meetings, contact with athlete groups. • Use of batch tested supplements, Informed Sport • Personal development plan. 				

E2	<p>Be proactive in, and take responsibility for, developing and improving own competence including:</p> <ul style="list-style-type: none"> maintaining up to date knowledge in the scientific basis of sport and exercise nutrition; seek support, advice and mentoring as appropriate; maintaining a personal development portfolio which identifies learning and development needs, plans, actions and outcomes; engaging in professional networking such as scientific conferences, case conferences, workshops, shadowing etc. 	E	<ul style="list-style-type: none"> Reflective logs, peer review, CPD logs, portfolios, personal and peer review, attendance certificates Maintain record of CPD activities. Membership of professional groups Use of scientific literature and academic websites. 				
F.	<p>Practical Application Whilst registrants should demonstrate knowledge and understanding in a broad range of sport and exercise environments and circumstances, keeping abreast of developments within SEN practice; in terms of practical application, this will specifically pertain to the field of the registrant's current professional expertise and practice.</p>						
F1	<i>The Needs of the Client(s)</i>						
F1.1	<p>Provide tailored, appropriate and evidence-based nutritional advice and support to client(s) demonstrating an understanding of requirements relevant to the context in which you practice.</p>	E	<ul style="list-style-type: none"> Case study and other clients Evidence of competition, travel plans, meals and menus and shopping lists Social media. Using a variety 				

			of media as appropriate				
F1.2	Be able to identify clinical signs of malnutrition or nutrition related disease and know when to consider investigations such as biochemical tests and anthropometric measures and how to interpret results appropriate to the client(s).	E	<ul style="list-style-type: none"> • Case study and other clients • Evidence of working with Sports Medicine and Science professionals when monitoring individual/groups. 				
F1.3	Interpret nutritional assessment information to plan nutritional interventions taking account of client(s) goals, preferences, religious or cultural practices and the requirements of the specific sport or training programme identifying and addressing barriers to successful implementation, such as compliance, food availability, cooking skills and financial concerns.	E	<ul style="list-style-type: none"> • Case study and other clients • Review of energy and macronutrient intake in relation to Body composition data, volume and type of training programme. 				
F1.4	Taking account of the phase of training, competition and travel, translate nutrient and energy requirements into foods and menus that are appropriate to the demands of exercise or sport and client(s) needs.	E	<ul style="list-style-type: none"> • Case study and other clients • Evidence of menus and meal plans 				
F1.5	Understand the particular needs of the young client and tailor advice and guidance as appropriate.	D	<ul style="list-style-type: none"> • Case study and other clients • Educational materials • Evidence of assessing growth and development 				

			requirements, education on establishing good nutritional habits.				
F1.6	Apply appropriate theories of behaviour change, counselling and communication in order to initiate and sustain changes in attitudes and dietary behaviour.	E	<ul style="list-style-type: none"> • Case study and other clients • Inclusion of clients' food preferences, addressing barriers to change e.g. cost and availability of foods, time constraints. 				
F1.7	When planning interventions be mindful of client(s) ambitions, values, beliefs, motivations, psychological concerns and performance pressures including the special needs of disabled clients.	E	<ul style="list-style-type: none"> • Case study and any written information presented for groups and individuals • Pre-event routines e.g. familiar foods, strategies to cope with pre-events nerves and food intake e.g. liquid meals 				
F1.8	Monitor and evaluate interventions over time implementing appropriate outcome measures and adjusting the nutrition strategy as appropriate.	E	<ul style="list-style-type: none"> • Case study of individuals or teams or squads • Use of fitness testing data, match analysis data and performances. E.g. PB's 				
F2	<i>Understanding and Supporting the Sport and Exercise Environment</i>						
F2.1	Maintain familiarity with a range of physical activity, sport and exercise contexts.	D					
F2.2	Be familiar with and apply current policy relating to health, exercise and sport including the relevant policies and procedures of governing bodies, institutes of sport, sport councils and Olympic and Paralympic Associations.	E	<ul style="list-style-type: none"> • Implicit in all presented evidence be it workshop material, educational material etc • SACN, NICE, EFSA, ACSM, IOC Consensus guidelines, other relevant. guidelines 				

F2.3	Appropriate to the context within which you practice, appreciate the lifestyles of sporting clients, their families, coaches and professional staff with whom they work.	E	<ul style="list-style-type: none"> • Case studies or working with individuals and teams • Information for individuals and teams • Catering plans, travel plans for tours • Evidence of meetings, reviews. • Reports. • Resources and menus 					
F2.4	Appropriate to the context within which you practice, structure support around individual or team requirements in line with training plan and competition schedule to: <ul style="list-style-type: none"> • work effectively with individual clients or a team of clients; • provide advice to team management on nutritional issues; • align with the sporting culture within a team, discipline or sport. 	E	<ul style="list-style-type: none"> • Case studies or working with individuals and teams • Information for individuals and teams • Catering plans, travel plans for tours • Evidence of meetings, reviews. • Reports. • Resources and menus 					
F2.5	Demonstrate experience and understanding of the impact of travel and environmental conditions on meeting nutritional requirements.	E	<ul style="list-style-type: none"> • Case study or examples of information given for travelling athletes 					

			<ul style="list-style-type: none"> Evidence of monitoring and reviewing food and fluid intakes when travelling and appropriate interventions to address/prevent shortfalls 				
F2.6.	Demonstrate ability to problem solve in an interdisciplinary way with a team of practitioners from other disciplines.	D	<ul style="list-style-type: none"> 				
F2.7.	Assess the performance impact (positive or negative) of nutritional intervention and challenge current practices by engaging with research and innovative practice.	E	<ul style="list-style-type: none"> Information for clients, published articles, book chapters and similar, case study. Review of sport specific literature on nutrition. 				

NB. All applicants must evidence completion of a [Chartered Institute of Environmental Health, Level 2 Award in Food Safety in Catering](#). In addition, on an annual basis all Practitioner Registrants must successfully complete the UK Anti-Doping Accredited Advisor Training.¹¹ (or equivalent international qualifications for non-UK applicants)

This Competency Framework for Sport and Exercise Nutritionists is a dynamic document. Just as a SEN practitioner’s continuing professional development and self-evaluation is an ongoing cycle, this Competency Framework is also subject to regular evaluation and review. Current and future initiatives of the SENr and advances in Sport and Exercise Nutrition practice and research will continue to inform the development of this Framework that aims to set, maintain and enhance professional and ethical standards in Sport and Exercise Nutrition.

¹¹http://ukad.coachwisehub.com/store/1244-accredited-advisor?tab=1&is_lp=1

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