SENr

The Register of Choice for Sport and Exercise Nutrition Professionals

www.senr.org.uk
Purpose of the Register

The Register has been designed to help in:

- Public protection, namely the sport and performance focused exercise community.
- The setting, protection and promotion of standards of service and education.
- Professional development of individuals.
- Developing the profession and its knowledge base.
What is the SENr

• Voluntary competency based register
  ➢ Managed by the British Dietetic Association
• Sets the professional standards for SEN
  ➢ Knowledge competencies for graduates
  ➢ Skill based competencies for professionals
• Quality kite-mark
  ➢ Public
  ➢ Employers
  ➢ Other

It is designed to accredit suitably qualified and experienced individuals who have the competency to work autonomously as a Sport and Exercise Nutritionist with performance oriented athletes, as well as those participating in physical activity, sport and exercise for health.
What SENr Registration Means

Becoming a registrant of SENr means that you:

- Have met the competences which describe the knowledge & skills of good practice.
- Possess recognised and approved qualifications.
- Have had your competence & commitment to professionalism assessed by other sport nutrition professionals.
- Are competent to practice as a sports nutritionist.
- Have made a commitment to maintaining ongoing professional development.
Benefits of Registration

You will receive these added benefits:

• Web Listing
• Public Awareness
• Networking
• Professional Indemnity Insurance
• Access to Specialist Groups
• Discounts
SENr Requirements:
Application Process and Competencies

• agree to abide by the SENr Code of Professional Conduct
• pay an annual registration fee
• become a member of The British Dietetic Association
Routes to Registration

**Eligibility Criteria:**

- A taught postgraduate in a Sport and Exercise Science related subject, plus a final year degree or equivalent level in Nutrition or Dietetics;

- A taught postgraduate degree in Nutrition or Dietetics, plus a final year degree or equivalent level in a Sport and Exercise Science related subject;

- A combined postgraduate level degree programme in Sports and Exercise Nutrition.
Application Process

• Detailed guidelines on the submission of a portfolio of evidence are provided in *Annexes A – D of the Guide to Registration* and should be referred to during the preparation of the portfolio.

• The portfolio of evidence should clearly demonstrate the applicant’s ability to meet the professional competencies outlined in the *Self Assessment of Competency* checklist.

• A portfolio of evidence in support of an application will only be accepted if it meets the prescribed format.
Graduate Registration

- Appropriate knowledge competencies / but lack of professional application (experience)

- Encourages safe and ethical practice in graduate registrants

- Maximum period of graduate registration (from March 2014 onwards) = 3 years
Full Registration

• Dietitians, Nutritionists and Sport and Exercise Scientists who can meet the competencies in Sport and Exercise Nutrition.

• Registration is awarded to individuals who can demonstrate appropriate qualifications and proficiency gained after relevant professional experience.
Minimum Competencies in Sport and Exercise Nutrition required for Full Registration

Scientific Knowledge

A1. Foundation in Biosciences
A2. Science of Sport and Exercise Nutrition

Basic Nutrition

Specialist Knowledge in Sport and Exercise Nutrition

Nutrition, Health and Sport Research and Evaluation

Professional Application

B. Scope of the Role
C. Professionalism
D. Communication Skills
E. Professional Development Activities
F. Working within the Sport and Exercise Environment
G. High Performance: Working within the High Performance Environment

Optional Additional Competencies

Mandatory for All Full Registrants

Mandatory for All

Mandatory for All Full Registrants
Stages of Application for Full Registration

Stage 1 - Self Assessment: Against the competency checklist (to demonstrate eligibility to apply)

Stage 2 - Pre-assessment
Submission of CV, registration form, references and checklist

Stage 3 - Assessment
A detailed portfolio to include personal statement, case study and reflections and mapping evidence to competencies

Stage 4 - Outcome of application
Assessed by two independent assessors

Stage 5 - Registration
• Appeals Process
• Re-registration (every 5 years)
Reflecting On Your Practice
5 Steps to developing Reflection Skills

• Devote time to it
• Choose a significant event or situation
• Approach it critically
• Identify areas of learning and decide on follow up actions
• Revisit and re-evaluate
3 Questions for Reflection

What?
..happened
....was I doing
...were others doing

Now what?
...do I do to make things better
...will I do
.....might be the consequences of this
alternative action

So what?
...did I need to know to help me deal with this situation
....else could I have done
What do you need to do for the portfolio...?

Evidence:

• Reflection that is **EDUCATION BASED**

• Reflection that is **PRACTICED BASED**
Writing a Personal Statement
Your Personal Statement...

You are required to provide a personal statement providing a brief overview of your practice, outlining the context of your work and summarising the evidence you will present (maximum 1000 words).

Key points on writing a dynamic and interesting personal statement:

• get straight to the point: avoid lengthy descriptions and make your testimonies punchy and informative.
• keep it within the word limit (less may be more effective).
• use 1.5 line spacing to make your statement easier to read.
• match to competency statements.
• use positive language and express your enthusiasm for the profession.
Identifying and Writing a Case-Study for Your Portfolio

To allow applicants to demonstrate that they can meet the competencies outlined in the SENr Competency Self Assessment Framework.
Guidelines for writing the Case Study...

The Case Study should demonstrate:

• Underpinning scientific knowledge;

• The assessment or needs analysis undertaken to determine the client’s (or clients’) requirements;

• The development and content of a support/intervention package based upon the client’s needs;

• The applicant’s ability to show good communication skills by translating the appropriate knowledge base into language appropriate to the client for to the needs of the client;

• The use of on-going appropriate monitoring to ensure that the support /service / advice provided continues to meet the client’s needs;

• An evaluation of the efficacy of the services provided; and

• Good ethical professional practice.
Guidelines for writing the Case Study...

Presentation of Case Study

• Present in a style which is thorough and includes all relevant information but is economical of space and words. A maximum of 5,000 words of text plus supporting documents may be used as a guide. Text in the form of tables, lists, figures and diagrams may be useful.

• Presented in a succinct and scientific style using headings and sub headings to structure the report.

NOTE: The demonstration of intellectual rigour should be an integral part of the case study with references to contemporary scientific literature.
Portfolio Inclusions...

1. **A personal statement** providing a brief overview of your practice (include a CV)

2. A commentary on each competency area (B-E) and at least one of the two optional competency sections (F-G)
   
   • Evidence should be presented in a style that is thorough and includes all relevant information but is concise
   
   • Evidence should demonstrate an active and current (within the previous 3 year period) involvement in the field;
   
   • Evidence and commentary should demonstrate evidence-based practice;

   • Evidence and commentary should be **labelled and coded** to link the evidence and learning to the competencies

3. **Case Study and Reflective Commentary**
   
   • Applicants must submit a detailed case study, plus a reflective commentary of their work with an individual or group of clients
Points to Remember When Submitting Your Portfolio

The completed portfolio should be:

• submitted electronically
• demonstrate the applicant’s ability to meet competency framework
• clearly cross-referenced and easy for the assessors to follow
• submitted for assessment prior to the dates 1 April and 1 October.

- Portfolios are assessed by two specially trained, independent assessors
- Detailed guidelines on the submission of a portfolio of evidence are provided in the Guide to Registration
Points to Remember When Submitting Your Portfolio

• It is the applicant’s responsibility to organise and prepare a portfolio, which will be clear and accessible to the assessors. **A contents page must be included and evidence appropriately cross-referenced with page numbers.**

• The first page of the portfolio should include name and contact details, including e-mail and telephone number, of the applicant.
Points to Remember When Submitting Your Portfolio

• The portfolio should be presented in an easy to read font such as Arial, minimum 10 point and 1.5 line spacing. It is expected that the personal statement and commentaries will be no longer than 20 pages, plus supporting evidence.