

For April, we'd like you to meet two more of our superb BDA Volunteers, Fiona Moor and Wendy Martinson, as we showcase the roles and activities they undertake, and thank them for the fantastic contribution they make to the dietetic profession.

*Thank you
to our 1000+
highly valued
BDA member
volunteers!*



Q. Job title and work location

"OBE Registered Dietitian and Performance Nutritionist.

Lead Performance Nutritionist and Intensive Rehabilitation Nutritionist for the English Institute of Sport (EIS) and Lead Nutritionist for the Great Britain Rowing Team."

Q. Volunteer type/role/area?

"Board Member and Practitioner registrant with the Sports and Exercise Nutrition Register (SENr)."

Q. What attracted you initially to the role?

"I have been involved with the SENr since 2005 from the early days of its inception. Initially SENr was organised on a tripartite basis by the Nutrition Society, British Dietetic Association and British Association of Sports and Exercise Sciences, with funding and support from UK Sport. I wanted to be part of what was then a very new initiative to help the development of the profession as at that time there was no register or standards of practice for sports nutrition professionals coming into the industry outside of dietetics.

It was recognised that dietetics was not the only route into sports nutrition and the register was designed to be inclusive and reflect that sports science professionals could also have the knowledge, skills and competences to work in the industry alongside accredited sports dietitians. Both professional backgrounds complement each other extremely well and certainly in the EIS we have a team of world-class practitioners with a variety of different backgrounds that work brilliantly together."

Q. What do you do in this role?

"The early work back in 2005 was around the development of the competency framework, registration guidance and criteria for the portfolio submission. The processes surrounding these and accompanying documents have been updated and developed further over the years. Now being on the Board involves regular face-to-face meetings and conference calls to discuss ongoing plans to move the register forward such as planning education days, updating processes around registration, discussing issues arising in sports nutrition that may need comment, or development of a guidance document."

Q. Your biggest achievement in the role?

"I think one of the biggest achievements, which was a joint decision by all of us on the board, was to move the SENr to be hosted by the BDA. Since then – and especially since Rosanna Hudson, BDA Education Policy Officer, came on board – it has grown from strength to strength and is now recognised as the industry standard.

Another huge achievement, with the backing and support of Dr Kevin Currell, was ensuring that all EIS performance nutrition practitioners (the largest employer in the UK of performance nutritionists) successfully registered with SENr.

SENr registration is now one of the 'essentials' on all EIS Performance Nutrition job descriptions."

Q. Would you recommend volunteering with the BDA to others?

"I would definitely recommend volunteering. There's a lot you can learn about how a board functions and how something like the SEN register is organised and managed as well as making sure activities reflect the needs of the membership and registrants."



FOLLOW
@Martinsonuk



MORE INFO

The Sport and Exercise Nutrition Register (SENr) which continues to expand is a nationally recognised quality mark for those working autonomously in the area of sports and exercise nutrition. It is designed to accredit suitably qualified and experienced individuals who have met specific competences and criteria, ensuring public protection and high standards of sport and exercise nutrition practice. For more information, visit senr.org.uk, join the BDA Sports Nutrition Specialist Group, or take a look at the BDA Food Fact Sheet on Sports at bda.uk.com/foodfacts