

Shaping the Future of Sport and Exercise Nutrition Protect – Promote - Develop



Today's Presentation

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 - SEN and the challenges to the sector
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 - Brief History and the BDA
 - Governance
 - Key documents
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 - Founding Partners
 - Collaboration with UKAD

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 - Scope of practice
 - Eligibility criteria
 - Routes to registration
 - Categories of registration
 - Competency framework
 - Benefits of registration



About the Register



Vision

SENr, Shaping the Future of Sport and Exercise Nutrition.

Mission Statement

Promoting excellence in the practice of sport and exercise nutrition, for the benefit and protection of all, from the elite to the recreational athlete.

- Promoting CREDIBLE practice;
- Delivering EXCELLENCE in standards of practice
- DEVELOPING future practitioners

Sport and Exercise Nutrition and the challenges

- Applies knowledge of the science of nutrition to promote exercise and sport performance
- The science of the effects of diet and dietary components on performance
- Industry lacked a professional voice (prior to SENr)
- Conflicting public messages
- Needed an industry standard



What is 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





Background / History

- The register is a joint initiative of three professions:
 - Dietitians
 - Nutritionists
 - Sport and Exercise Scientists.
 - and the funder of elite sport in the UK: ≻UK Sport
- UK Sport initiative with three professions since 2004, hosted by BDA since 2009



The British Dietetic Association

- SENr is currently hosted and managed by The British Dietetic Association
- Registrants benefit from existing services that the BDA offer, including:
 - Professional indemnity insurance
 - Free legal advice
 - Access to Educational resource
 - Access to specialist groups in particular Sport Nutrition Group



Governance of SENr



SENr Board

- Reports to BDA Council
- Chaired by Dr Stuart Galloway, Reader in the Health and Exercise Sciences Research Group, University of Stirling.
- 2 Deputy Roles:
 - Registration and Accreditation
 - Collaborations (UK & International)

Key Documents (alongside BDA Codes / Guidance)

SEN Code of Professional Conduct The train and Parents Repairing Burgets

This Code of Conduct sets out the principles of conduct, performance and ethics for registrents in Sport and Exercise Nutrition. These are standards that registrants and those wishing to apply to the register must ethere and seek to ensure that registrants provide services in a professional, ethical and moral manher.

Clients such as athletes, parents and carers, coaches, managers, and professional peers will have similar expectations of a Registered Sport & Exercise Nutrition Professional as they have of a Registered Health Care Professional ²

The standards outlined have been drawn from the codes of conduct of the professional bodies that underpin Sport and Exercise Nutrition, nemely The British Association of Sport and Exercise Sciences, The British Dietetic Association, The Nutrition Society and The Health Professions Council. As such registrants are further bound by the code of conduct of their own professional body.

As an independent SENr practitioner, who practices autonomously, the registrent must take into account the following principles

- · All clients have the right to expect the highest standards of professionalism, consideration and respect. The law remaines that eaching countings are rate and
- that the welfere of the client is paramount. You are personally accountable for your practice. This
- means that you are answerable for your actions and omissions, regardless of edvice or directions from another professional.

The purpose of this Code of Professional Conduct is to provide a set of principles that apply to all Sport and Exercise Nutritionists. It should be read in conjunction with the SENr Professional Competencies document which sets out the professional competences expected of a Sport and Exercise Nutritionist.

The Code is necessarily broad and cannot provide definitive answers to the many diammas that registrants may esperience within their professional practice. For this reason, it is obviously open to different interpretations, depending on the droumstances to which it is applied. However, if used as a guidence document, this Code should support all SENr preditioners to ensure that their practice is safe, effective and of high quality

Any action that conflicts with the word or spirit of this Code should be considered unethical

As such the register may take action egainst a registrant who does not keep to the standards set out in this Code and/or continue to meet the SENr professional competences expected of the registrant.

Uncertainty or dispute as to the interpretation or application of this Code should be referred, in the first instance, to the SENr Registration Committee.

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Standards of Conduct

As a Sport and Exercise Nutritionist, and more broadly as a health professional, you must protect the health and well-being of people who use your services in every circumstance. This means you must always keep high standards of conduct, performance, ethics and professional practice.

You must always 1 art in the hest interests of your clients and mere-

- respect the confidentiality of your clients and users; acknowledge equality, diversity and the rights of the
- Individual:
- 4. maintain high standards of personal conduct:
- 5. provide any important information about conduct, competence or health:
- hold professional indemnity insurance
- not promote the use or minute of berred substances.
- such as those listed by WADA. I. let us know if you are convicted of a criminal offence, receive a conditional discharge for an offence, or if you accept a police caution.

Performance

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- You must always keep your professional knowledge and ski 2
- make ethically sound decisions that are o relevant legislation, organisational polici
- research evidence; 5. act within the limits of your knowledge, s
- experience and, if necessary, refer on to a professional;
- 4. maintain proper and effective communit dients, users and professionals; effectively supervise tasks you have asked 5.
- cerry out for you;
- 6. ensure working practices, including the w mber
- 7. obtain informed consent before conducti or providing a service;
- keep accurate client and user records; limit your work or stop practising if your 2
- judgement is effected by your health. 10. not support the use of supplements with unsubstantiated claims to efficacy.

Ethics

- You must sheep 1. carry out your duties in a professional an
 - behave with integrity and honesity; make sure that your behaviour does not profession's reputation.
- Professional Practice You must never:
- 1. operate outside the legal and ethical res professional practice;
- 2 exploit relationships with clients for pen
- gratification; 5. promote or sell supplements or proprie the sporting world for personal profit (an
- would lead to removel from the register

March







Draft May 2016 **Review Date:**



Record Keeping Guidance

October 2015





BDA The Association of UK Dietitians

The Growing Impact of SENr



Credibility, Integrity, Respect

- Minimum Postgraduate entry level
- Research Active
- Practice what they preach
- Enthusiasm
- Support for BDA

SENr Board Membership: Executive Team



Dr Stuart Galloway, Chair of Board Reader in the Health and Exercise Sciences Research Group University of Stirling



Prof. Graeme Close, Deputy Chair: Collaboration (UK & International) Reader in Applied Physiology and Sports Nutrition Liverpool John Moores University



Mike Naylor Head of Performance Nutrition English Institute of Sport



Louise Sutton, Deputy Chair: (Accreditation and Registration) Louise is the Principal Lecturer responsible for Sports Nutrition and Collaborative provision Leeds Beckett University

SENr Board Membership



SENr Founding Partner



Key Collaboration: UK Anti-doping

Sports and Exercise Nutrition Register (SENr) Supplement use in Sport Position Statement





Sport and Exercise Nutrition Real

Our Clean Sport Commitment

Clean Sport Commitment Statement

All sporting participants have the right to compete in Clean Sport.

The Sport and Exercise Nutrition Register (SENr) adopts the UK Anti-Doping and World Anti- Doping Agency (WADA) position that cheating, including doping, in sport is fundamentally contrary to the spirit of sport, undermining the otherwise positive impact of sport on society.

To this end SENr commits to support Clean Sport in the UK in the following ways:

- The SENr supports the mission of UK Anti-Doping and WADA in achieving Clean Sport.
- All athletes are expected to play, train and compete in line with the spirit of sport, including the anti-doping rules.
- All coaches and athlete support personnel are expected to perform their role in line with the spirit of sport, including the anti-doping rules.
- SENr is committed to supporting the prevention of doping behaviour in the UK in collaboration with other sporting bodies
- Employed and associated 'staff' will not condone, assist or in any way support the use
 of prohibited substances and methods (unless permitted by a Therapeutic Use
 Exemption) in any aspects of their work.
- · Breaches of this, or any rules/policies referred to in SENr own code of practice/conduct





Other SENr Activity



Raising the Profile of SENr and the BDA through CPD Endorsement





The event is endorsed by BDA and SENr. CPD certificates will be issued for attendance.





The ROYAL Society of Medicine





High Quality, High Profile Events



Sell-out events

Profile raising

Income generation



Quality Assured sponsorship

Fantastic networking

CPD Opportunities

Exciting venues

World-class speakers



Innovative and evidence based research



The Association of UK Dietitians

How to join the Register



Scope of Practice of Sport and Exercise Nutrition

- Scope of practice: supporting excellence
- Application in professional practice: translation of knowledge into provision of practical advice
- Professional application: integration of scientific knowledge with understanding of human behaviour

Registration Eligibility Criteria



- A pre-registration dietetics degree with an MSc/Postgraduate Diploma or Postgraduate Certificate in Sport and Exercise Nutrition.
- An undergraduate degree in nutrition, sport and exercise science or biological sciences with an MSc/ Postgraduate Diploma in Sport and Exercise Nutrition.
- Relevant undergraduate degree plus a PhD in a relevant subject, requires at least three core postgraduate level taught modules:
 - Sport and Exercise Nutrition
 - Exercise physiology / biochemistry
 - Measurement and evaluation (nutritional assessment)

For all routes to registration, applicants must be able to demonstrate significant experience of critical appraisal of published research literature.

Routes to SENr: EDUCATION



SENr Approved Undergraduate Programme



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nspiring tomorrow's professionals L University ER



SENr Accredited Postgraduate Programmes





St Mary's University Twickenham London

UNIVERSITYOF LEADING THE WAY **WESTMINSTER**[#]



OXFORD

OOKES







Categories of Registration



Category	Summary
Graduate	Having achieved relevant undergraduate and postgraduate qualifications. Limited practitioner experience.
Practitioner	Holds relevant qualifications (as above). Significant (2-3 yrs +) working in a sport and exercise nutrition role.
Academic Associate	Holds a PhD in a sport and exercise nutrition related field. Senior academic or researcher. Nominated by at least one SENr Practitioner registrant.



Competency Framework



Benefits of Registration



Quality kite mark for your work

Plus:

- Web Listing
- Public Awareness
- Networking
- Professional Indemnity Insurance
- Access to Specialist Groups
- Discounts





BDA The Association of UK Dietitians

And finally....



SENr: a nationally recognised quality mark for your work in sports and exercise nutrition. The Register has many high profile key supporters. Supporters of SENR



GET Involved!

@SENregister



Articles in Dietetics Today



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A question asked and researched by the Sport and Exercise Nutrition Team, Liverpool John Moore's University

nlike other vitamins, vitamin D is

intake coming from the diet.¹⁰ This system for manufacturing vitamin D was a smart

volutionary adaptation for our ancestors in the sur

hathed climates of Africa, however it poses a challenge to modern day humans.

from Africa, with those residing at northern latitudes (such as in the UR), experiencing

People now populate climates vastly different

significant cloud cover throughout the year. Coupled with the modern indoor lifestyle (both

sun), this has regulted in an estimated 1 billion.

people worldwide suffering from vitamin D insufficiency. In addition, we now know that our

insufficient given we^{5,7,17} and others^{6,8} have repeatedly shown that professional athletes have highly prevalent rates of vitantin D inadequacy. But what's the fuse about?

work, training, and homes often sheltered from the

athletes are no less susceptible to being vitamin D

primarily synthesised in the skin via exposure to sunlight (ultraviolet 8 radiation) with little contribution to THE PHYSIOLOGICRL CONSEQUENCES OF SUN-SHYNESS

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Regneered surgerys? We also know that know vitamin D concentrations can composerine instrume function and increase susceptibility to infection, which has also been deencoentreed in address persistances² and again has implications in totating and performance³ Our measurch teams has also recently published data in

Welcome to this interactive learning experience – brought to you by the British Dietetic Association & The Sport and Exercise Nutrition Register (SENr)

SENr: A Guide To Registration





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Online Learning www.senr.org.uk/cpd



Protect - Promote - Develop

Any Questions?



