

SENr

The Sport and Exercise Nutrition Register

BDA

The Association
of UK Dietitians

Shaping the Future of Sport and Exercise Nutrition

Protect – Promote - Develop



Today's Presentation

- About the Register:
 - ❖ Vision/Mission
 - ❖ SEN and the challenges to the sector
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 - ❖ Brief History and the BDA
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 - ❖ Key documents
- The Growing Impact of SENr
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 - ❖ Benefits of registration

SENr

The Sport and Exercise Nutrition Register



The Association
of UK Dietitians

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

SENr

The Sport and Exercise Nutrition Register

PROTECT

athletes, the
exercising
public,
sports
people



ensure sport nutrition is
evidence based

DEVELOP

the
registrant



the knowledge and skill
base of the wider
profession

SET

standards of professional competence and education

PROMOTE

the registrant,
the profession
and its
knowledge
base



the public, employers,
wider health and sporting
profession

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

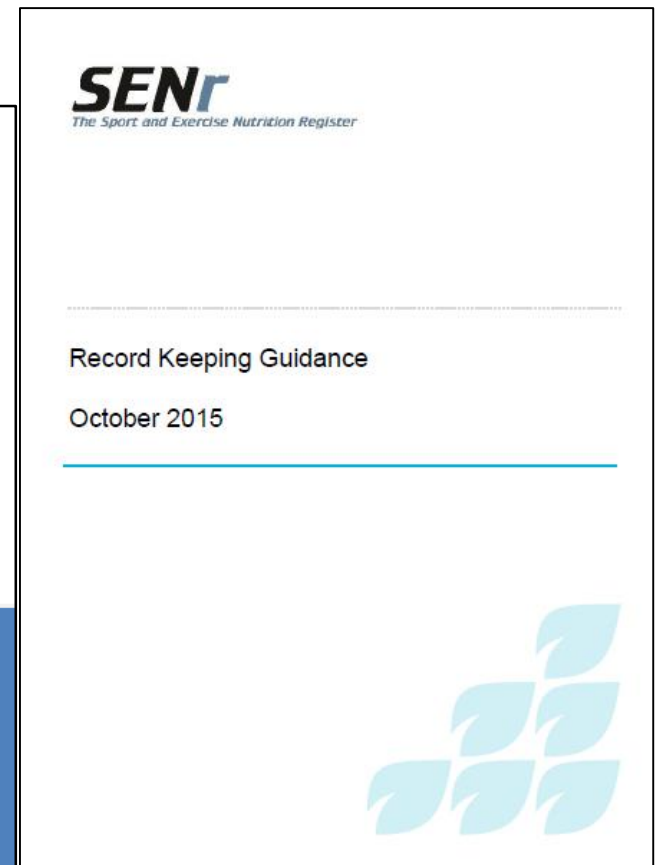
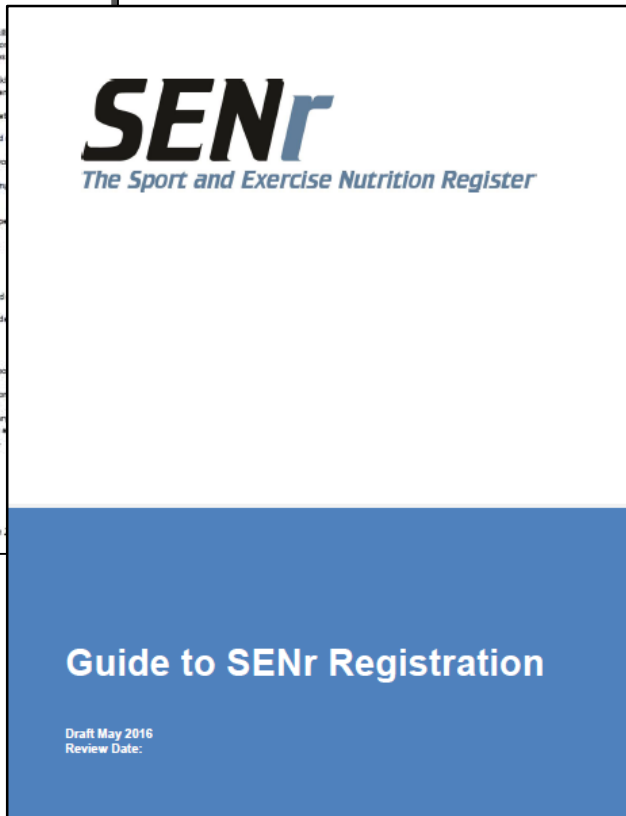
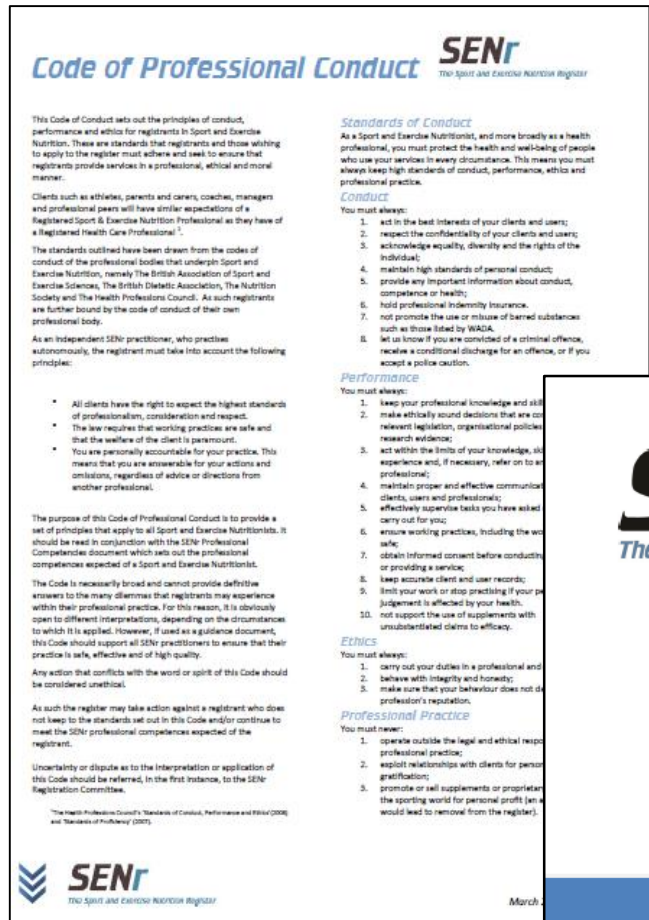
- SENr is currently hosted and managed by The British Dietetic Association
- Registrants benefit from existing services that the BDA offer, including:
 - Professional indemnity insurance
 - Free legal advice
 - Access to Educational resource
 - Access to specialist groups – in particular Sport Nutrition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



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)

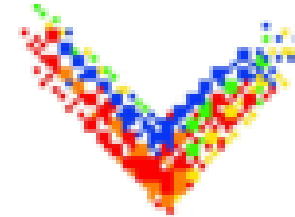
Louise is the Principal Lecturer responsible for Sports Nutrition and Collaborative provision

Leeds Beckett University

SENr Board Membership



UNIVERSITY OF
STIRLING



ENGLISH
INSTITUTE OF
SPORT



SENr Founding Partner



Key Collaboration: UK Anti-doping

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



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

SENr *Endorsed for CPD*

The Sport and Exercise Nutrition Register

Raising the Profile of SENr and the BDA through CPD Endorsement

ISENC15 INTERNATIONAL
SPORT + EXERCISE NUTRITION
CONFERENCE 2015

BDA The Association
of UK Dietitians
Centre for Education and Development
Endorsed by the BDA for CPD

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

SENr
The Sport and Exercise Nutrition Register



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**

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

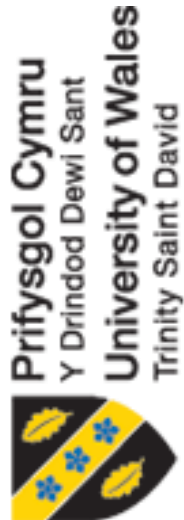
Registration Eligibility Criteria

- 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



University of
HUDDERSFIELD
Inspiring tomorrow's professionals



SEnr Accredited Postgraduate Programmes



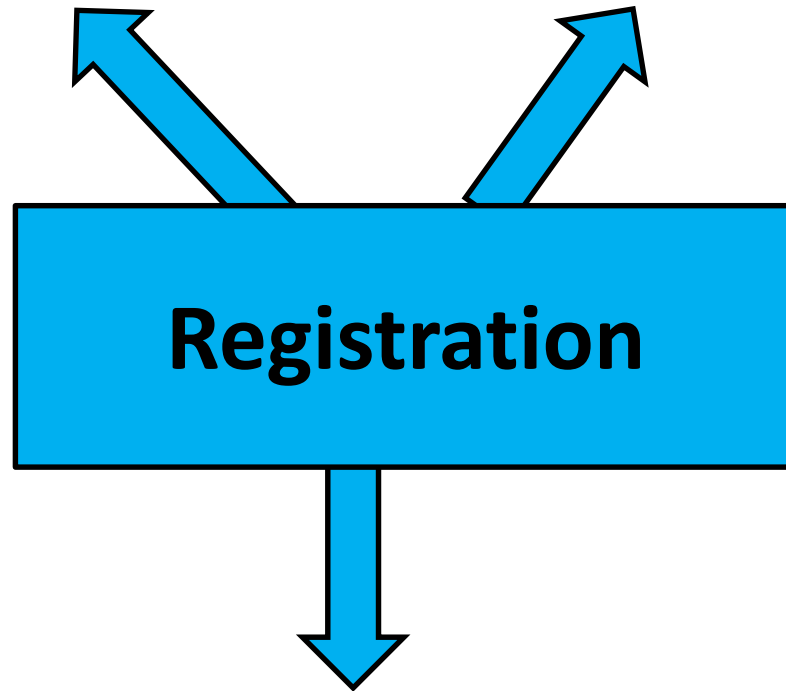
OXFORD
BROOKES
UNIVERSITY

UNIVERSITY OF
LEADING
THE WAY
WESTMINSTER



SENr Graduate
Registrant
The Sport and Exercise Nutrition Register

SENr Practitioner
Registrant
The Sport and Exercise Nutrition Register

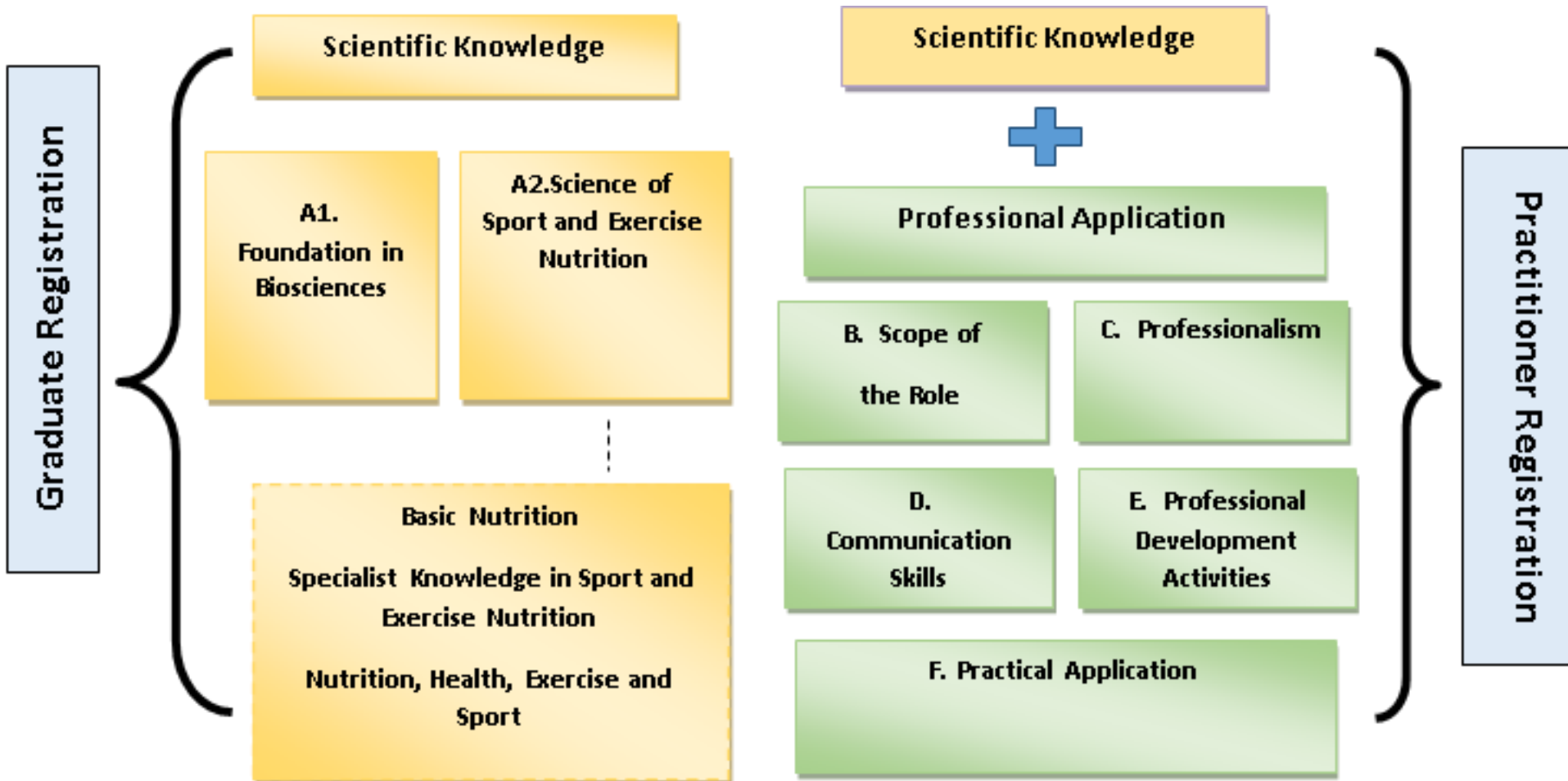


SENr Registrant
Academic Associate
The Sport and Exercise Nutrition Register

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**

And finally....

Sport and Exercise Nutrition Register

The voluntary competency-based register of choice for Sport and Exercise Nutrition Professionals



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



Registration

Learn about SENr registration types

[Read More](#)



Education

SENr is to promote high standards of education

[Read More](#)



Events

Sport nutrition events

[Read More](#)



Find a Registrant

All registrants meet the highest professional standards and competences

[Read More](#)

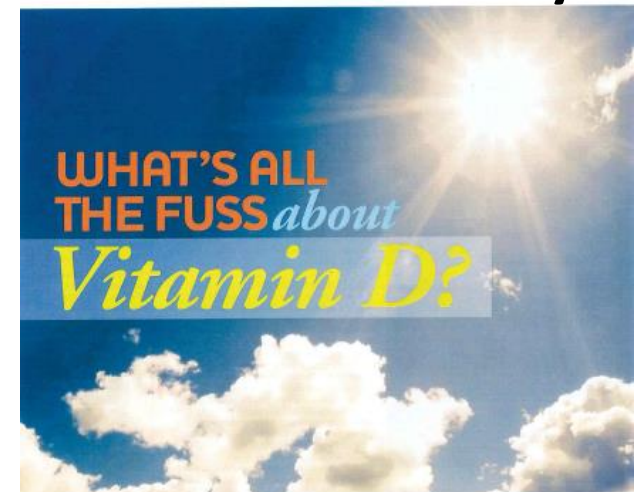
GET Involved!

@SENregister

#SENrExcellence



Articles in
Dietetics Today



SENr A Guide to Registration. Part 1 (00:02 / 56:50)

Resources



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

BDA The Association of UK Dietitians
Centre for Education and Development

SENr
The Sport and Exercise Nutrition Register
BDA The Association of UK Dietitians

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

Unlike other vitamins, vitamin D is primarily synthesised in the skin via exposure to sunlight (ultraviolet B radiation) with little contribution to intake coming from the diet.¹ This system for manufacturing vitamin D was a smart evolutionary adaptation for our ancestors in the sun-bathed climates of Africa, however it poses a challenge in modern day humans. People now populate climates vastly different from Africa, with those residing at northern latitudes (such as in the UK) experiencing significant cloud cover throughout the year. Coupled with the modern indoor lifestyle (both work, training, and homes often shrouded from the sun), this has resulted in an estimated 1 billion people worldwide suffering from vitamin D insufficiency. In addition, we now know that our athletes are no less susceptible to being vitamin D insufficient given we^{2,3,4} and others^{5,6} have repeatedly shown that professional athletes have highly prevalent rates of vitamin D inadequacy. But what's the fuss about?

THE PHYSIOLOGICAL CONSEQUENCES OF SUN-SHYNES
Over the past decade, there has been lots of evidence for numerous biological actions for vitamin D. However, it can be difficult to dissect where real physiological effects lie due to large variances in experimental paradigms. However there are some actions of vitamin D that we can be certain about. For example, maintaining sufficient vitamin D concentrations is crucial for normal calcium and phosphate homeostasis and therefore is essential for bone health.⁷ This has clear implications for athletes from an injury prevention and recovery perspective with research suggesting that maintaining adequate vitamin D intake can optimise the recovery from anterior cruciate knee ligament surgery.⁸ We also know that low vitamin D concentrations can compromise immune function and increase susceptibility to infection, which has also been demonstrated in athletic populations⁹ and again has implications in training and performance.¹⁰ Our research team has also recently published data in

Online Learning
www.senr.org.uk/cpd



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Any Questions?