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| **No.**  | **Skill / Knowledge Area**  | ***Evidence examples*** | ***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** |
| **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, musculoskeletal system, immunity, and thermoregulation.  | Academic educationCurrent or previous employment |  |  |  |  |  |
| **A1.2**  | Know and understand mechanisms for the integration of metabolism at molecular, cellular, and whole-body levels.  | Academic educationCurrent or previous employment |  |  |  |  |  |
| ***Applicant’s commentary:***  |
| ***Assessor’s commentary:*** |
| **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.  | Academic educationCurrent and previous employment  |  |  |  |  |  |
| **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.  | Academic educationCurrent and previous employment  |  |  |  |  |  |
| **A2.1.3**  | Know, understand, and critically evaluate nutrition science and its role in promoting human health including the: * 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 ‘nutraceuticals’ and functional foods.
 | Academic educationCurrent and previous employment  |   |  |  |  |  |
| **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. | Academic educationCurrent and previous employment  |  |  |  |  |  |
| **A2.1.5**  | Know and understand the aetiology of nutritional or nutrition-related problems that are relevant to sport and exercise performance.  | Academic educationCurrent and previous employment  |  |  |  |  |  |
| **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.  | Academic educationCurrent and previous employment  |  |  |  |  |  |
| **A2.1.7**  | Know and understand the principles of food preparation, handling, management, and safety.  | Academic educationCertification |  |  |  |  |  |
| **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: * 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.
 | Academic educationCurrent and previous employment Certification |  |  |  |  |  |
| **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.  | Academic educationCurrent and previous employment Certification |  |  |  |  |  |
| **A2.2.3**  | Appreciate the ambitions, values, beliefs, motivations, and psychosocial concerns of clients.  | Academic educationCurrent and previous employment  |  |  |  |  |  |
| **A2.3**  | **Nutrition, Health, Exercise and Sport**  |
| **A2.3.1**  | Know and understand the effects of disease processes on: * diet and nutrition
* exercise and sport performance.
 | Academic educationCurrent and previous employment  |  |  |  |  |  |
| **A2.3.2**  | Know and understand how to: * 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).
 | Academic educationCurrent and previous employment  |  |  |  |  |  |
| **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. |  |  |  |  |  |  |
| ***Applicant’s commentary:***  |
| ***Assessor’s commentary:*** |

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| **Is the applicant suitable as a SENR Graduate Registrant?** |  |
| **If no, please state reasons and any advice for re-submission.*****Please note these comments will be fed back to the applicant.*** |  |
| **Signed** |   |
| **Date** |  |