



COMPETENCY BASED PLAN BUILDER LEARNING PLAN

Registration Number: _____

Print Name: _____

Utilizing the 2020-2025 Essential Practice Competencies listed below please complete a learning plan for your certification cycle. You must choose at least one competency from the mandatory Ethics sphere (1 CPE). There are no maximum number of Spheres or Competencies that must be selected, and you are not required to select a competency from each sphere. You will not be required to meet every competency on your plan.

Please place an “X” next to each desired Sphere and Competency.

Example:

Sphere 2 Communications: X

Please indicate your selected competencies	“X”		
		2.1	Adapts communication methods and skills to meet the needs of audiences
	X	2.2	Demonstrates effective communication skills
	X	2.3	Collaborates with inter- and intra-professional team members to achieve common goals and to optimize delivery of services
		2.4	Employs strategies for and facilitates team building skills

Sphere 1 Ethics: _____

Please indicate your selected competencies	“X”		
		1.1	Demonstrates and maintains competence in practice.
		1.2	Demonstrates integrity in personal and organizational behaviors and practices.
		1.3	Recognizes and manages situations and ethical implications.
		1.4	Respects client autonomy to make decisions about proposed services.
		1.5	Recognizes and maintains appropriate relationships and boundaries.
		1.6	Adheres to confidentiality and privacy legislation, standards, and policies.
		1.7	Applies cultural competence and consideration for social determinants of health to show respect for individuals, groups and populations.
		1.8	Demonstrates sustainable practices that are socially responsible, efficient, effective and environmentally friendly.

Sphere 2 Communications: _____

Please indicate your selected competencies	“X”		
		2.1	Adapts communication methods and skills to meet the needs of audiences.
		2.2	Demonstrates effective communication skills.
		2.3	Collaborates with inter- and intra-professional team members to achieve common goals and to optimize delivery of services.
		2.4	Employs strategies for and facilitates team building skills.

Sphere 3 Leadership and Advocacy: _____

Please indicate your selected competencies	“X”		
		3.1	Demonstrates and applies leadership skills.
		3.2	Advocates for and participates in activities that support advancement of the profession.
		3.3	Advocates for nutrition and dietetics services and resources for clients and populations

Sphere 4 Critical Thinking and Decision Making: _____

Please indicate your selected competencies	“X”		
		4.1	Demonstrates sound professional judgment and strategic thinking in practice.
		4.2	Exercises critical thinking when faced with opportunities and challenges.

Sphere 5 Informatics: _____

Please indicate your selected competencies	“X”		
		5.1	Proficiently uses electronic platforms, health information technology (HIT) and internet-based platforms consistent with role and responsibilities.
		5.2	Utilizes health information technology (HIT) according to organizational needs and workplace policies and procedures.
		5.3	Demonstrates ethical and professional behaviors when using technology.

Sphere 6 Research and Scholarship: _____

Please indicate your selected competencies	“X”		
		6.1	Participates in and leads research initiatives following ethical and scientifically sound research methodology.
		6.2	Collects and interprets research data to advance knowledge and practice, and to enhance effectiveness of services.
		6.3	Disseminates research findings to support knowledge translation.
		6.4	Engages in scholarly activities through critical inquiry, continuous learning, application of evidence to practice, and support of research activities.
		6.5	Leads or supports activities related to the development or management of academic programs.
		6.6	Designs and analyzes program curricula that align with program goals, objectives and competencies.
		6.7	Leads or assists with course design, development, implementation and evaluation of learning activities.
		6.8	Applies pedagogy principles and models to planning, implementation and evaluation of learning outcomes.

Sphere 7 Quality Management: _____

Please indicate your selected competencies	“X”		
		7.1	Identifies, analyzes and manages risks, adverse events, and safety to self, staff, clients and public.
		7.2	Applies principles, standards, regulations and organizational policies to promote food safety.
		7.3	Develops, implements and adheres to infection prevention and control policies and practices.
		7.4	Participates in and leads quality control and improvement activities to improve delivery of services.
		7.4	Participates in quality control and improvement activities to improve delivery of services.

Sphere 8 Food, Nutrition and Dietetics: _____

Please indicate your selected competencies	“X”		
		8.1	Interprets and applies current food and nutrition science in nutrition and dietetics practice.
		8.2	Applies current knowledge and skill in the management of a variety of diseases and clinical conditions.
		8.3	Applies the required knowledge and skill for safe and effective sports nutrition and dietetics practice and exercise training.
		8.3	Applies the required knowledge and skill for safe and effective sports nutrition and dietetics practice and supports exercise training.
		8.4	Critically evaluates the safety and efficacy of integrative and functional medicine approaches and interventions.
		8.5	Demonstrates and applies knowledge of culinary practices, taking into consideration the needs and goals of clients/patients/population.

Sphere 9 Education and Counseling: _____

Please indicate your selected competencies	“X”		
		9.1	Recognizes and applies learning theories and principles in practice.
		9.2	Establishes, develops, and implements program outlines and learning plans to meet the needs of individuals, groups, communities and populations.
		9.3	Designs, selects, and implements education strategies to meet the learning needs of individuals, groups, communities, and populations.
		9.4	Provides nutrition and dietetic education to a variety of individuals, groups, and populations.
		9.5	Evaluates the achieved learning and delivery methods when delivering education to individuals, groups and populations.
		9.6	Applies behavior theories in nutrition counseling.

Sphere 10 Clinical Care: _____

Please indicate your selected competencies	“X”		
		10.1	Conducts nutrition screening to identify individuals who require a nutrition assessment.
		10.1	Conducts and interprets nutrition screening using validated tools for individuals, groups or targeted populations.
		10.2	Conducts a nutrition assessment to establish nutrition diagnoses, prescriptions, and care plans.
		10.2	Conducts a nutrition assessment to support the establish nutrition diagnoses, prescriptions, and care plans.
		10.3	Establishes and implements evidence-based nutrition interventions to address PES statements and client/patient goals.
		10.3	Engages in activities that support the implementation and ongoing management of client/patient nutrition interventions.

		10.4	Prescribes, recommends, and administers nutrition-related pharmacotherapy to support optimal patient/client outcomes according to standard of practice, legislation, and organizational policies.
		10.4	Monitors nutrition care plans to ensure individual health goals are achieved.
		10.5	Monitors nutrition care plans to ensure individual health goals are achieved.
		10.5	Documents and maintains records according to the Standards of Practice for the NDTR, legislation, regulations and organization policies.
		10.6	Documents and maintains records according to the Standards of Practice for the RDN, legislation, regulations and organizational policies.

Sphere 11 Business, Industry and Product Development: _____

Please indicate your selected competencies	“X”		
		11.1	Leads or participates in the development of products and/or services related to food, nutrition, equipment and systems.
		11.1	Participates in the development of products and/or services related to food, nutrition, equipment and systems.
		11.2	Applies knowledge of evidence-based literature and research to support the marketing, advertising and sale of product and services.
		11.2	Uses evidence-based literature and research to support the marketing, advertising and sale of product and services.
		11.3	Incorporates key sale’s principles, ensuring integrity of self, employer and the nutrition and dietetics profession.
		11.4	Develops advertising messages and materials in a professional and ethical manner.

Sphere 12 Community, Population and Global Health: _____

Please indicate your selected competencies	“X”		
		12.1	Advocates for health promotion and disease prevention in communities, in populations and globally.
		12.2	Conducts a needs assessment to support the development and implementation of nutrition and dietetics or health promotion programs, initiatives, or interventions.
		12.3	Designs and develops community and population health programs, interventions, or initiatives to meet the needs of communities and/or populations.
		12.4	Identifies and prioritizes agricultural issues and takes action to ensure sustainable food systems, prevention, and wellness programs and initiatives.

Sphere 13 Foodservice Systems and Management: _____

Please indicate your selected competencies	“X”		
		13.1	Analyzes, designs and monitors foodservice systems to optimize operations.
		13.2	Develops, implements and evaluates recipes and menus for food production in delivery systems.
		13.3	Develops, manages, and demonstrates accountability for operational budgets in foodservice systems.
		13.4	Engages in activities related to foodservice procurement, storage, production and distribution.

Sphere 14 Organization Management: _____

Please indicate your selected competencies	“X”		
		14.1	Employs principles of productivity to optimize safe, ethical, and efficient resource utilization.
		14.2	Applies principles of financial management to support and achieve budgetary goals.
		14.3	Applies principles of project management to achieve goals and objectives.
		14.4	Coordinates human resource activities, adhering to labor agreements, organizational policies and applicable legislation.