

# Academy of Nutrition and Dietetics: Revised 2021 Standards of Practice and Standards of Professional Performance for RDNs (Competent, Proficient, and Expert) in Sports and Human Performance Nutrition

## What are the Standards of Practice (SOP) and Standards of Professional Performance (SOPP)?

- SOP and SOPP are consensus standards for RDNs to use for professional development and to assure competence.
- The standards provide a guide for self-evaluation; determine education and skills needed for advancing practice levels; and may be used by employer or regulatory agencies to determine competence for credentialed nutrition and dietetics practitioners.

### SOP – Direct Care to patient/client/customer

- Nutrition Assessment
- Nutrition Diagnosis
- Nutrition Intervention/Plan of Care
- Nutrition Monitoring and Evaluation

### SOPP – 6 Domains of Professionalism

- Quality in Practice
- Competence and Accountability
- Provision of Services
- Application of Research
- Communication and Application of Knowledge
- Utilization and Management of Resources



#### WHAT?

What is a Focus Area?

- A focus area of nutrition and dietetics practice is a defined field of practice that requires specialized knowledge, skills and experience.
- It relates to how a practitioner specializes in a specific area of practice (i.e., diabetes care, pediatric nutrition, public health and community nutrition).<sup>1</sup>
  - The SOP in Nutrition Care and SOPP for RDNs<sup>2</sup> serves as the blueprint for the SOP SOPP in Sports and Human Performance (SHP) Nutrition in competent, proficient, and expert levels of practice.



#### WHEN?

When is a Focus Area SOP SOPP updated?

- Seven-year review process
- Indicated by changes in
  - healthcare and other business segments
  - public health initiatives
  - new research that guides evidence-based practice and best practices
  - consumer interests
  - technological advances
  - emerging practice environments



#### HOW?

How were the SHP Nutrition Standards Updated?

The article, indicators, and figures were revised with input and consensus of content experts representing diverse sports and human performance nutrition practice areas/settings and geographic perspectives.

Reviewed and approved by the Executive Committee of the SCAN Dietetic Practice Group and the Academy Quality Management Committee.

Sources:

<sup>1</sup> Definition of Terms List. Accessed September 30, 2022. <https://www.cdrnet.org/definitions>

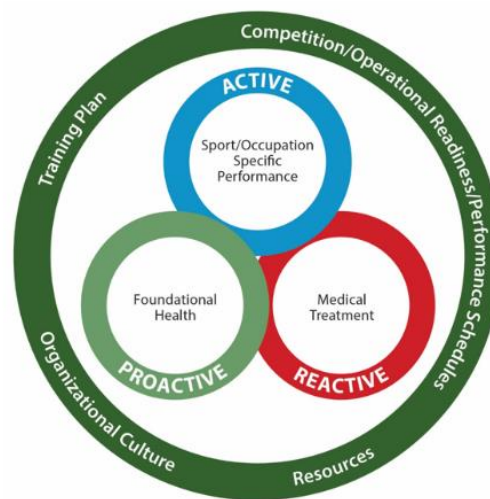
<sup>2</sup> Academy of Nutrition and Dietetics. Quality Management Committee. Academy of Nutrition and Dietetics: Revised 2017 Standards of Practice in Nutrition Care and Standards of Professional Performance for Registered Dietitian Nutritionists. J Acad Nutr Diet. 2018;118(1): 132-140.

# Sports and Human Performance

## Overview and Application

### Overview

“Sports and Human Performance (SHP) Nutrition is the practical application of nutrition science, food service, and culinary arts to sustained optimal execution of specific sport/occupation tasks (human performance). Over the last three decades, the field of SHP nutrition, along with public interest, has evolved from a focus on nutrition for physical activity in the support of health to a focus on nutrition for training in support of sports and human performance and career longevity. This general shift in focus from health as an endpoint, to a focus on health as just one component of sports and human performance, has changed the way RDNs provide care and services in support of SHP nutrition. This evolved focus allows for a nuanced approach to culturally diverse nutrition recommendations that balance short-term performance optimization with long-term health and career longevity.”<sup>1</sup>



Adapted with permission from Daigle KA, Logan CM, Kotwal R, Comprehensive Performance Nutrition for Special Operations Forces. *J Spec Op Med*. 2015;15(4):40-53.

#### PROACTIVE

Chronic Disease Prevention  
Immune System Enhancement

#### ACTIVE

Event Fueling  
Post-Event Recovery  
Task-Specific Body Composition  
Cognitive Performance  
Arduous Environment Preparedness

#### REACTIVE

Illness and Injury Recovery  
Support of Long-term Conditions

### Comprehensive Sports and Human Performance Nutrition Concept

### Role Example – Military Practitioner

“A RDN working in a military environment is directed to provide nutrition education and services in support of an operational unit’s field training event with which they have limited knowledge and experience. The RDN uses the SOP and SOPP for RDNs in SHP Nutrition as a guide to ensure their organization intervention is at the appropriate level of practice and to identify areas which may require collaboration with other SHP and/or military professionals that have more experience with this specific population and event.”<sup>1</sup>

### Additional Information

Webpages:

- Scope of Practice: <https://www.cdrnet.org/scope>
- Standards of Practice: <https://www.cdrnet.org/scope>

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- Scope and Standards for RDNs and NDTRs Collection: <https://jandonline.org/content/core>
- Focus Area Standards for CDR Specialist Credentials Collection: <https://jandonline.org/content/credentialed>
- Focus Area Standards for RDNs Collection: <https://jandonline.org/content/focus>

Sports and Human Performance Nutrition Dietetic Practice Group: <https://www.shpndpg.org/home>

Cardiovascular and Wellness Dietetic Practice Group: <https://www.cvwell.org/home>

Sources:

<sup>1</sup> Daigle K, Subach R, Valliant M. Academy of Nutrition and Dietetics: Revised 2021 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sports and Human Performance Nutrition. *J Acad Nutr Diet*. 2021; 121(9): 1813-1830.e55.