

## Sports Dietetics – USA

### Milestones 2003 - 2013

SCAN's Sports Dietetics-USA (SD-USA) subunit was launched in June 2004. The descriptions below highlight the origin of SD-USA and the accomplishments of the subunit through its volunteer members. SCAN members interested in sports nutrition are invited to join SD-USA. Access "My Profile" on SCAN's website, scroll to "Membership Details," select "Sports Dietetics-USA subunit," and click on "SAVE."

#### December 2013

- The Academy approved the following for *J Acad Nutr Diet* publication: The Academy of Nutrition and Dietetics Revised Standards of Practice (SOP) and Standards of Professional Performance (SOPP) for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sports Nutrition and Dietetics. This revision of the 2009 SOP/SOPP for sports dietitians was developed by an SD-USA member workgroup and approved by SCAN's Executive Committee.
- SCAN EC approved a Network Agreement with Athletes and the Arts, an initiative of the American College of Sports Medicine focused on linking the sport athlete and musician/performing artist communities. The agreement under review by the Academy for approval.

#### November 2013

- The CSSD earned accreditation by the National Commission for Certifying Agencies (NCCA) becoming the first and *only* sports nutrition certification program to be accredited by NCCA (through 2018). NCCA accreditation reflects achievement of the highest standards of professional credentialing. SD-USA has worked toward this goal since the CSSD certification was established. CDR's RD and DTR programs and its five specialist certification programs are now accredited by NCCA.
- A member-wide survey was distributed to all SD-USA members and CSSDs via Survey Monkey. The purpose of the survey was to gather feedback about the member benefits of the SD-USA subunit and data concerning current CSSDs.

#### October 2013

- SCAN's EC approved and submitted the revised SOP SOPP for RDs in Sports Dietetics to the Academy's Quality Management Committee for review and approval.
- Following the July CSSD exam, there are 610 CSSDs.

#### September 2013

- At SD-USA's request, Michele Macedonio, CDR Specialty Panel member, motioned that the CDR Specialty Panel recommend extension of the allowance of education to substitute for a maximum of 1,200 hours of the required experience for CSSD eligibility beyond its scheduled expiration (July 2014). The CDR Specialty Panel voted for an extension until July 2018. This recommendation will be considered by CDR at its first 2014 meeting.
- SD-USA increased its Social Media presence by launching a Facebook and Pinterest page, in addition to its Twitter account.

#### June 2013

- The manuscript, Academy of Nutrition and Dietetics: Scope of Practice for the Registered Dietitian was published in the *J Acad Nutr Diet* with sports nutrition described in the section, RD roles: services and activities. An SD-USA member of Academy's Quality Management Committee was an author.

#### **April 2013**

- Following the February CSSD exam, there are 574 CSSDs.

#### **March 2013**

- The SD-USA workgroup began the task of revising the SOP SOPP for RDs in Sports Dietetics via SCAN's conference call line and Adobe Connect.

#### **January 2013**

- The Academy's Quality Management Committee approved SCAN's proposal to conduct the 5<sup>th</sup> year revision of the SOP SOPP for RDs in Sports Dietetics. A workgroup was formed consisting of Patti Steinmuller and Laura Kruskall (Co-Chairs), Chris Karpinski, Melinda Manore, Michele Macedonio, and Nanna Meyers.
- At the request of SD-USA, SCAN requested that CDR apply to the National Commission for Certifying Agencies (NCCA) for NCCA accreditation for the CSSD certification program, and all other eligible CDR specialist certification programs, by the April 30, 2013 application deadline.

#### **November 2012:**

- SCAN's proposal to revise the SOP SOPP for RDs in Sports Dietetics was submitted to the Academy's Quality Management Committee.
- CDR fulfilled a longtime request of SD-USA to expand eligibility for the CSSD to include the Canadian RD. Communication and technical arrangements will be initiated with the Dietitians of Canada to implement this decision.

#### **October 2012**

- SCAN's Executive Committee accepts SD-USA's proposal to revise the Academy of Nutrition and Dietetics Standards of Practice (SOP) and Standards of Professional Performance (SOPP) for Registered Dietitians (Generalist, Specialty, Advanced) in Sports Dietetics, 2009.

#### **September 2012**

- Following the July CSSD exam, there are 549 CSSDs.

#### **April 2012**

- Conducted *Sports and Performance Nutrition Intensive: The Art and Science of Fueling the Nation's Heroes*, at the 28<sup>th</sup> Annual SCAN Symposium held at Baltimore, MD.
- CDR conducted a Board Certified Specialist in Sports Dietetics Practice Analysis Survey 2012 with all CSSDs invited to participate.

### March 2012

- Following the Feb 2012 CSSD exam, there are 528 CSSDs.

### January 2012

- The Sports Nutrition Education Program list on SCAN's website was updated and new programs added.
- The CSSD - Qualification Matters. The Compensation and Benefits Survey 2011 (*Journal of the Academy of Nutrition and Dietetics*, 1/2012), reported that the highest hourly wage per patient/client responsibility of those who hold CDR specialist credentials was earned by CSSDs. Overall, RDs with CDR specialty credentials earn higher compensation than RDs without specialist certification.

### September 2011

- Following the July CSSD exam, there are 501 CSSDs. We reached our goal of 500 CSSDs in five years! Five years also marks the first year for CSSD recertification.
- The Sports Nutrition Care Manual® (SNCM) was launched. Authors and contributors are Board Certified as Specialists in Sports Dietetics (CSSDs): <http://sports.nutritioncaremanual.org/>
- Ellen Coleman, MA, MPH, RD, CSSD received the ADA Medallion award at FNCE.

### June 2011

- Launched the webinar: CSSD-level Advanced Practice E-learning Series. CSSD-Advanced Level Sports Nutrition Practice and the Diabetic Athlete, presented by Roberta Anding, MS, RD, CSSD, CDE and Carla Cox, PhD, RD, CSSD, CDE.
- Launched the Be Supplement Smart—Increase Your Value to Clients, "Educators version" for classroom viewing.

### March 2011

- Conducted the Sports Dietetics Workshop: *The Cascade of Concussion: Minimizing the Risks, Reducing Consequences, stimulating Recovery*

### February 2011

- CDR voted to continue the required 1500 hours of sports dietetics specialty practice experience for CSSD eligibility and extended the substitution of education for a portion of the practice experience for three years, until July 2014 (extension proposed by SD-USA)
- CDR voted to allow continuing education related to sports dietetics substitute for up to 75 hours of the required hours of practice experience (continuing education substitution proposed by SD-USA)

### October 2010

- Conducted the pre-Symposium workshop: *Sports Nutrition Assessment: Critical Steps, Quality Outcomes.*

## **August 2010**

- Launched *Be Supplement Smart: Increase Your Value to Clients* webinar, available August 24 to October 31, 2010

## **July 2010**

- CDR voted that CSSDs can recertify with 1000 hours of practice experience instead of 1500 hours (recertification with 1000 hours of practice experience proposed by SD-USA)

## **June 2010**

- SCAN assisted ADA in submitting nutrition-related comments regarding the National Physical Activity Plan (NPAP). SCAN encouraged ADA to become an organizational affiliate of the NPAP

## **March 2010**

- Conducted the pre-Symposium workshop: *Sports Nutrition Assessment: Critical Steps, Quality Outcomes*.

## **December 2009**

- Produced content for the Sports Nutrition pages of the public section of ADA's new website.

## **October 2009**

- Conducted the Sports Dietetics Workshop: Nutrition & Athletic Performance, U.S. Olympic training Center, Colorado Springs, CO.
- ADA pre-FNCE workshop: *Exercise is Medicine™: What is the Dietitian's Role in Promoting Physical Activity?* Denver, CO. SD-USA was represented in the committee that planned the workshop and provided presenters.
- SCAN became a Network Member of the Exercise is Medicine™ Initiative of the American College of Sports Medicine
- The ADA Nutrition Care Manual® was updated to include the Sports Nutrition and Performance section written by SCAN members.
- Launched a sports dietetics marketing video: *Sports Nutrition: Who Delivers?*

## **April 2009**

- Launched a Sports Nutrition Mentor Program
- Launched a Sports Nutrition Fact Sheets series with these five topics (Nutrition Info):
  - Eating Before Exercise
  - Eating During Exercise
  - Eating for Recovery
  - Exercise Hydration
  - Eating on the Road
- Produced two CSSD promotional handouts:
  - Top 10 Reasons to Hire a CSSD
  - Top 10 Reasons to Consult a CSSD
- Offered the pre-Symposium workshop: *Advances in Sports Dietetics Practice: What RDs Need to Know About Adolescents, Collegiate, and Evidence-Based Practice*.

### **March 2009**

- Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Am Diet Assoc.* 2009;109(3): 509-527. (authored by SCAN members)
- American Dietetic Association Standards of Practice and Standards of Professional Performance for Registered Dietitians (Generalist, Specialty, Advanced) in Sports Dietetics. *J Am Diet Assoc.* 2009;109(3): 544-552.e30. (authored by SCAN members)

### **February 2009**

- CDR announced that through the July 2011 certification period, specified education and professional experiences will be allowed to substitute for a maximum of 1200 hours of the required experience. (SD-USA successfully petitioned CDR for this extension)

### **August 2008**

- Conducted the first SD-USA survey among Board Certified Specialists in Sports Dietetics (CSSDs). View the results on SCAN's website (Member Area)

### **Summer 2008**

- CSSDs were highlighted in an article in the July/August *ADA Times*, "Countdown to Beijing: Helping Olympic Athletes Go for the Gold"
- Led the initiative to change SCAN's name to Sports, Cardiovascular, and Wellness Nutrition
- Conducted sports nutrition surveys with NCAA athletes, NSCA members, and NATA members

### **April 2008**

- Conducted *The Entrepreneurial Sports Dietitian—Sports Dietetics Practice from Start-up to Success*, SD-USA's pre-Symposium workshop at SCAN's Symposium, Cambridge, MA

### **December 2007**

- ADA accepted SD-USA's title change and revised job description for sports dietitian in ADA's *Job Descriptions: Models for the Dietetics Profession*, 2nd ed, 2008.
- Launched *Advance Your Career as a CSSD* presentation

### **October 2007**

- SCAN's proposal was approved and a SCAN member workgroup began developing Standards of Practice (SOPs) and Standards of Professional Performance (SOPPs) for RDs in Sports Dietetics

### **September 2007**

- The National Athletic Trainers' Association (NATA) board approved SCAN's application to become a liaison with NATA

### **July 2007**

- Launched the first *SD-USA Score* e-newsletter for SD-USA Members

#### **June 2007**

- Applied to ADA Quality Management to develop Standards of Practice (SOPs) and Standards of Professional Performance (SOPPs) for RDs in Sports Dietetics

#### **May 2007**

- Launched the “Sports RD in the News” page on SCAN’s Web site to highlight articles in where sports dietitians are authors or are interviewed

#### **April 2007**

- Offered “Sports Dietetics—A Winning Game Plan”, SD-USA’s inaugural pre-Symposium workshop at SCAN’s Symposium, Austin, TX

#### **Fall 2006**

- Assisted ADA Marketing in developing a CSSD promotional brochure and flyer

#### **July 2006**

- SD-USA leadership assisted in revising SCAN’s mission and vision to include the promotion of active lifestyles
- CDR offered the first specialty examination for the CSSD credential: [www.cdrnet.org](http://www.cdrnet.org)

#### **June 2006**

- CDR appointed 10 SCAN members to a Sports Specialty Examination Workgroup (SSEW). SSEW develops and reviews items for the specialty exam.
- SD-USA members presented a session at ACSM’s annual meeting entitled “The Changing Face of Sports Nutrition – The Evolution of a Profession”
- CDR announced the launch of the Board Certified Specialist in Sports Dietetics (CSSD) credential in the May/June *ADA Times*. Hill L. “Specialty Certification for RDs Now Offered in Sports Dietetics.”

#### **May 2006**

- SD-USA leadership assisted in the organizational planning for the worldwide networking organization of Professionals in Nutrition for Exercise and Sport (PINES)

#### **Fall 2005**

- CDR conducted the sports nutrition practice (job) analysis survey of SCAN members and members of other DPGs

#### **September 2005**

- SD-USA, statement of purpose, organizational policies and job descriptions of the SD-USA leadership team approved by ADA

## **August 2005**

- CDR appointed 10 SCAN members to a Sports Dietetics Specialty Practice Analysis Workgroup (SPAW). The SPAW assisted CDR in developing a definition of sports dietitian, developing a sports nutrition practice (job) analysis survey, eligibility criteria for the specialty credential, a content outline, and a list of references for the specialty exam.
- The first article published in the July/August *ADA Times* about the sports dietetics specialty credential. DiMarco N, Steinmuller P. "Aiming for the Big Leagues: Sports Dietitians Go to Bat for Specialty Certification."

## **April 2005**

- CDR approved SCAN's request for a specialty credential in sports dietetics

## **March 2005**

- The first article published to describe progress toward developing the specialty credential. Jackson K. "Sports Dietetics: For Experts Only." *Today's Dietitian*.

## **Jan/Feb 2005**

- SD-USA assisted CDR in developing and conducting a market survey of SCAN members concerning sports nutrition practice and interest in specialty certification
- Ongoing contributions to SCAN's Student Corner (students interested in sports nutrition)
- Ongoing contributions to SCAN's sports nutrition electronic mailing list: SD-USA members provide updates, resources, and mentoring
- Ongoing contributions to SCAN's *PULSE* newsletter by SD-USA
  - "Sports Dietetics-USA Research Digest" (first publication: Winter 2005)
  - SD-USA Update (first publication: Fall 2004)

## **Fall 2004**

- Communication initiated with CDR for a specialty credential in sports dietetics

## **August 2004**

- SD-USA organizational retreat, sponsored by the Gatorade Sports Science Institute was held (Chicago) to develop an organizational structure and strategic goals, including contacting the Commission on Dietetic Registration (CDR) regarding a specialty credential in sports dietetics.

## **June 1, 2004**

- The Sports Dietetics-USA (SD-USA) subunit was launched with Nancy DiMarco as SD-USA Director and Patti Steinmuller as SD-USA Assistant Director. An announcement was made on SCAN's website. Nancy DiMarco appointed members of the SD-USA Leadership Team.

## **April 2004**

- Nancy DiMarco, Patti Steinmuller, Melinda Manore, Nanna Meyer, and James Stevens, met with Ellen Coleman (SCAN Chair) and Michele Macedonio (Chair-Elect), and Diane Barrera, ADA Practice Manager, at SCAN's Symposium (Colorado Springs) to discuss the direction of SD-USA.

Lisa Carlson was contact regarding the Gatorade as a potential sponsor of a Sports Dietetics USA organizational workshop. Susie Parker-Simons drafted the initial agenda and budget for the workshop

- The proposal was approved by ADA. June 1 was set as the inaugural date for Sports Dietetics-USA to become an official subunit of SCAN. Ellen Coleman appointed Nancy DiMarco as the inaugural Director of Sports Dietetics-USA

### **March 2004**

- A proposal to form Sports Dietetics-USA as a subunit within SCAN was submitted to SCAN and ADA

### **October 2003**

- In summer 2003, Nancy Clark organized a conference call of work group members to develop a proposal for the sports nutrition organization. The proposal was delivered by Nancy DiMarco to Ellen Coleman (SCAN Chair) and Michele Macedonio (SCAN Chair-Elect) at FNCE (San Antonio)

### **May 2003**

- Developing a special sports nutrition organization was discussed further at the annual American College of Sports Medicine (San Francisco) with Nancy DiMarco, Nancy Clark, Melinda Manore, Jackie Berning, and Suzanne Steen. Although a previous effort by Melinda Manore, Kristine Clark, Gail Butterfield, and others to work with ADA and ACSM to establish a joint credentialing or certification in nutrition and exercise had been ultimately unsuccessful, their efforts of SCAN members laid the groundwork for a new strategy aimed at credentialing registered dietitians as sports dietitians

### **March 2003**

- Discussion about a sports nutrition organization continued at a Symposium round-table with Patti Steinmuller, Susie Parker-Simmons, Barbara Graf and others. Agreement as made to make this organization happen
- At SCAN's Symposium (Chicago), Nancy DiMarco delivered a presentation on the development of the Exercise and Sports Nutrition graduate program at Texas Woman's University. She also reviewed the expansion of sports nutrition programs at universities across the US and called for the development of a special organization devoted exclusively to advancing the practice of sports nutrition in the US

### **Credentials of those listed in the milestones document**

Diane Berrara, MPH, RD  
Jackie Berning, PhD, RD, CSSD  
Gail Butterfield, PhD  
Lisa Carlson, MS, RD  
Kristine Clark, PhD, RD  
Nancy Clark, MS, RD, CSSD  
Ellen Coleman, MA, MPH, RD, CSSD  
Nancy DiMarco, PhD, RD, CSSD  
Barbara Graf, MS, RD  
Chris Karpinski, PhD, RD, CSSD  
Laura Kruskall, PhD, RD, CSSD  
Michele Macedonio, MS, RD, CSSD  
Melinda Manore, PhD, RD, CSSD



Nanna Meyer, PhD, RD, CSSD  
Susie Parker-Simmons, MS, MEd, RD  
Suzanne Steen, DSc, RD  
James Stevens, MS, RD  
Patti Steinmuller, MS, RD, CSSD

**Original Sports Specialty Examination Workgroup (SSEW) Members:** Steven E. Black, Lt Col, USAF, BSC, PhD, RD, CSSD; Kim Crawford, PhD, RD, CSSD; Nancy DiMarco, PhD, RD, LD, CSSD; Christopher Halagarda, MS, RD, CSSD, CSCS; Diane King, MS, ATC, RD, CSSD; Susie H. Langley, MS, RD, CSSD; Michele A. Macedonio, MS, RD, CSSD, LD; Bob Seebohar, MS, RD, CSSD, CSCS; Ingrid Skoog, MS, RD, CSSD; and Patti Steinmuller, MS, RD, CSSD, LD

**Original Sports Practice Analysis Workgroup (SPAW) members:** Steven E. Black, Lt Col, USAF, BSC, PhD, RD, CSSD; Kim Crawford, PhD, RD, CSSD; Nancy DiMarco, PhD, RD, CSSD; Marie Dunford, PhD, RD, Christopher Halagarda, MS, RD, CSSD, CSCS; Susie H. Langley, MS, RD, CSSD; Michele A. Macedonio, MS, RD, CSSD; Bob Seebohar, MS, RD, CSSD, CSCS; Ingrid Skoog, MS, RD, CSSD; and Patti Steinmuller, MS, RD, CSSD

**Sign-up for Sports Dietetics-USA:** SD-USA membership is a free benefit of SCAN membership. Go to the Member Login and sign-up for Sports Dietetics-USA at the Member Profile.

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