

# CSSD:

## Prepare Yourself and Succeed!

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### **Sports, Cardiovascular, and Wellness Nutrition**

a dietetic practice group of the  
**Academy of Nutrition  
and Dietetics**



# Objectives

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- ▶ At the completion of this webinar, participants will be able to:
  1. define the competencies of a Board Certified Sports Dietitian (CSSD).
  2. assess if they should pursue CSSD certification.
  3. describe strategies to become eligible for the CSSD.
  4. identify what constitutes specialty practice hours.
  5. obtain resources to help them study for the CSSD exam.



# Sports Dietetics Practitioner

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- ▶ Sports Dietitians are experienced registered dietitians who apply evidence-based nutrition knowledge in exercise and sports. They assess, educate, and counsel athletes and active individuals. They design, implement, and manage safe and effective nutrition strategies that enhance lifelong health, fitness, and optimal performance.
  - ▶ CSSD - Being Board Certified as a Specialist in Sports Dietetics designates specific knowledge, skills, and expertise for competency in sports dietetics practice.
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# Why CSSD Certification?

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- ▶ The CSSD credential is the way to advance your career in sports dietetics, gain a competitive edge in employment, and provide unique benefits to clients and employers, such as sports medical nutrition therapy for special populations.
- ▶ Specialty certification differentiates sports dietitians from those who are less qualified to provide sports nutrition services.
- ▶ Credibility, visibility, and marketability of sports dietitians is enhanced by specialty certification.
- ▶ Specialty certification facilitates networking and partnering with organizations that share common goals.



# Potential Job Opportunities

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- ▶ Athletic performance companies
  - ▶ Colleges and universities (athletics, student health, campus wellness, faculty and staff)
  - ▶ Corporations (wellness, food industry)
  - ▶ Health care organizations (hospitals, clinics, eating disorder treatment)
  - ▶ Hospitals and clinics
  - ▶ Military bases and affiliates
  - ▶ Online nutrition coaching
  - ▶ Professional sports organizations
  - ▶ Private practice
  - ▶ U.S. Olympic Committee and training facilities
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# Board Certification is **not** a Certificate!

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- ▶ Current Registered Dietitian (RD) status by the Commission on Dietetic Registration.
  - ▶ Maintenance of the RD status, for a minimum of two years from the original examination date (by the date of the specialty examination).
  - ▶ **Initial Certification:** Documentation of 1,500 hours of specialty practice experience as an RD within the past five years (by the date the application is due).
  - ▶ **Recertification:** Documentation of 1,000 hours of specialty practice experience as an RD within the past five years by the date the application is due (effective until July 2018).
  - ▶ [Online CSSD Application](#)
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# Documenting Hours

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- ▶ CDR Instruction Booklet
- ▶ Required Total Hours
  - ▶ 1,500 hours – Initial Certification
  - ▶ 1,000 hours – Recertification
- ▶ C-1 Specialty Practice Hours
  - ▶ Minimum 300 hours
- ▶ C-2 Professional Experience
  - ▶ Varying hours
- ▶ C-3 Substitution of Education
  - ▶ 500-1,200 hours
- ▶ Specialty practice experience must be related to the specialty area for which certification is being sought – see definition of sports dietitian (slide 3)



# Direct vs. Indirect

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- ▶ *Employed or Volunteer work counts!*
- ▶ **Direct**
  - ▶ working with clients, students, athletes etc. in a variety of settings.
- ▶ **Indirect**
  - ▶ management, education or research practice linked specifically to sports dietetics.
- ▶ **But...** *“The experience needs to be sports related/ sports specific and not on the level with the job duties of a Registered Dietitian. There needs to be a component of your job duties that would meet the depth and breadth of the definition of sports dietetics”*
  - ▶ Source: Section C-1 of CDR Eligibility Application Instructions



# Paula T. – a Case Study

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- ▶ Presented to high school level athletes attending a summer basketball camp at a local university, arranged with a coach
- ▶ Presented to high school level runners attending a summer distance running camp at a local university, arranged with a coach
- ▶ Presented to a group of high school athletes at the a high school arranged with the athletic director and coach
- ▶ Presented on sports nutrition topics to my local dietetic association members and students
- ▶ Preceptor for an intern in a dietetic internship program who choose a 3-wk sports nutrition self-study as part of her internship program
- ▶ Taught a graduate level sports nutrition course
- ▶ Reviewed and revised materials on the topic of nutrition for physical activity for inclusion in a manual developed for a state extension program for families of teen-age children
- ▶ Volunteer hours conducted on several projects for SCAN.
- ▶ Sports nutrition continuing professional education.



# Settings

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- ▶ Outpatient clinics\*\*
- ▶ Fitness centers
- ▶ Schools/Colleges
- ▶ Professional Teams
- ▶ Training Centers
- ▶ Clinics\*\*
- ▶ Bariatric centers\*\*
- ▶ Eating disorder centers\*\*
- ▶ Fitness centers/wellness programs
- ▶ Private Practice/Consulting

\*\*exercise-nutrition connection needs to exist here.

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# Experiences

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- ▶ Assess athletes and active individuals
- ▶ Educate students, coaches, parents, athletic trainers, MD and other healthcare professionals
- ▶ Counsel/consult with athletes and active individuals
- ▶ Participate as a member of multidisciplinary sports medicine team
- ▶ Work with high school, collegiate or professional sports team
- ▶ Teach sports nutrition, exercise physiology classes
- ▶ Provides food services
- ▶ Develops menus for team/programs
- ▶ Develops meal plans for individuals
- ▶ Work with fitness center or wellness center



# Individual Nutrition Counseling

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- ▶ Assesses and analyzes dietary practices, body composition, and energy balance (intake and expenditure) of athletes in the context of athletic performance and health.
- ▶ Counsels athletes on optimal nutrition for exercise training and achieving and maintaining a level of body mass, body fat, and muscle mass that is consistent with good health and good performance.
- ▶ Provides personalized meal and snack plans to promote achieving short- and long-term goals for athletic performance and good health.
- ▶ Develops and counsels in hydration protocols.
- ▶ Addresses nutritional challenges to performance, such as food allergies, bone mineral disturbances, gastrointestinal disturbances, iron depletion, and iron-deficiency anemia.
- ▶ Provides medical nutrition therapy, as needed, to help manage or treat medical conditions.
- ▶ Counsels athletes on optimal nutrition for recovery from illness or injury.
- ▶ Develops and oversees nutrition policies and procedures.



# Individual Nutrition Counseling

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- ▶ Working with an athlete:
  - ▶ Counseling meetings with individual to answer specific questions.
  - ▶ Electronic communications with individual to provide support and counseling.
  - ▶ Development of meal/nutrition plan to achieve goals.
  - ▶ Research on complicated situations (newly diagnosed or uncontrolled diabetes, gluten intolerance, food allergies, exercise-induced asthma, recovery from illness/injury, etc)
  - ▶ Taking individual on shopping tour, kitchen assessment, etc.



# Food Services

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- ▶ Coordinates/manages quantity food production and distribution such as developing and managing training table menus and catering.
- ▶ Plans menus for team travel.
- ▶ Coordinates nutrition for domestic and/or international travel, for example, catering, hotels, airlines, competition, for individuals and teams.
- ▶ Manages budgets for purchasing and distribution of nutritional supplements.
- ▶ Develops and delivers nutrition education for food service personnel.



# Fitness/Wellness Programs

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- ▶ Develops and delivers nutrition education presentations, demonstrations, or events on various topics related to nutrition for performance.
- ▶ Provides individual nutrition counseling as needed for clients desiring to improve their fitness and/or sports performance.
- ▶ Serves as a nutrition resource for personal trainers and program staff.
- ▶ Consults on juice/snack bar selections to accommodate the needs of athletes.



# Transitioning to Sports Nutrition

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- ▶ Start by volunteering to do talks for local youth programs, high schools, and adult clubs (running, triathlete, bikers).
  - ▶ This is a great way to get experience and network. You may even pick up paying clients
- ▶ Approach the fitness centers in your area to see if they are providing any nutrition services to their clientele.
- ▶ Approach your local colleges/universities to see if they would like to offer a sports nutrition course and/or you could provide consulting work with their athletes.
- ▶ **Note:** if you start doing consulting work, make sure you have professional liability insurance (good plan available to you through Academy). You'll also want to look into your state laws for private practice/consulting work.



# Preparing for the Exam

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## ▶ Exam Content

- ▶ CDR website:

- ▶ <http://cdrnet.org/certifications/board-certification-as-a-specialist-in-sports-dietetics>

## ▶ Resources:

- ▶ List of resources on CDR website.

- ▶ SCAN's "Sports Nutrition: A Practice Manual for Professionals", 5<sup>th</sup> ed, Rosenbloom C. Chicago, IL. SCAN Dietetic Practice Group, The Academy of Nutrition and Dietetics; 2012

## ▶ Other resources:

- ▶ RK Team Nutrition: Sports Dietetics: Practiced Proven and Tested – CSSD (Certified Specialist in Sports Dietetics) Preparation Tool (2012)

- ▶ The course was developed by Susan Kundrat MS, RD, LDN, CSSD and Michelle Rockwell MS, RD, CSSD and not in conjunction with the Academy, CDR, SCAN, or SD-USA.



# NCCA Accreditation

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- ▶ The CSSD program was recently accredited by the National Commission for Certifying Agencies (NCCA). The CSSD is the first and only sports nutrition certification program to be accredited by NCCA!
  - ▶ Created by the Institute for Credentialing Excellence, NCCA accreditation reflects achievement of the highest standards of professional credentialing.
  - ▶ The Commission on Dietetic Registration's (CDR's) RD and DTR programs and its five specialist credentials are now accredited by NCCA. SD-USA has worked toward the goal of NCCA accreditation since the CSSD was established.
  - ▶ View the CSSD program listed in the Accredited Programs Directory on the NCCA website:  
<http://www.credentialingexcellence.org/ncca>
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# Resources

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- ▶ CDR <http://cdrnet.org/>
- ▶ CDR – CSSD page <http://cdrnet.org/certifications/board-certification-as-a-specialist-in-sports-dietetics>
- ▶ SCAN <http://www.scandpg.org/>

