

Sports Nutrition Domain	Competency	Performance Objectives/Practice Illustrations (examples below - to be developed by each mentor)	Completed or Needs Improvement	Mentor Notes
Nutrition Assessment, Diagnosis, Intervention, Monitoring/ Evaluation	Utilize the AND's SOP for RDNs in Sports Nutrition and Dietetics for Nutrition Assessment, Diagnosis, Intervention, and Monitoring and Evaluation to ensure competence in all areas. Goal is to move RDN from Competent to Proficient Practitioner by end of SNIP.	Read supporting documents and document learnings: 2016 ACSM, AND, Dietitians of Canada Joint Position Statements: Nutrition & Athletic Performance, Sports Nutrition a Practice Manual for Dietitians (selected chapters), SOP & SOPP for RDNs in Sports Nutrition & Dietetics		
		Attend training session with mentor on nutrition assessment and meal planning.		
		Chart reviews reflect ability to:		
		Select appropriate equations to estimate energy/macronutrient needs and accurately predict these needs in a variety of athletes.		
		Manage athletes with dietary restrictions/food allergies		
		Accurately identify and manage treatment of ED/DE.		
		Charting reflect PES statements with accurate diagnosis, intervention, treatment, follow up and monitoring. Documentation completed in a timely manner.		
		Education tailored to appropriate stages of change to facilitate behavior modification.		
		Refers appropriately		
Communicates effectively & appropriately with multidisciplinary team				

Nutrition Education	Design, develop, directs and implements education at an advanced level in sports nutrition.	Identify needs of assigned team and develop nutrition education plan for the season. Communicate plan effectively with performance team and gain buy-in.		
		Plan and execute a minimum of 3 team education sessions.		
		Participate in team hydration testing and education.		
		Effective nutrition education/live plate coaching at training table		
		Assess nutrient needs of team(s) during practice. Determine pre/during/post nutrition plan based on energy systems used and energy expenditure for all training cycles. Provide education to team on the fueling plan.		
		Monitor fueling and hydration practices after implementation of fueling plan. Provide individualized education prn.		
Foodservice Management	Analyzes, designs and monitors foodservice systems to optimize operations. Develops, directs, manages, and evaluates use of standardized recipes for food production. Demonstrates accountability for operational budgets.	Meet with mentor to review department budget and inventory systems in place.		
		Manage all food service operations for assigned fueling station (inventory management, procurement, food safety, logisitics, education).		
		Assess competition fueling needs for assigned team and execute fueling plan (to include fueling bags with education, pre/post game menu development and coordination)		
		Meet with mentor and training table chef to discuss department goals for training table menus. Review cycle menu and provide feedback based on goals.		

Communication and Application of Knowledge	Communicates current, evidence-based knowledge in practice area. Selects appropriate information and most effective method or format when communicating information and conducting nutrition education and counseling. Collaborates with others to achieve common goals and to optimize delivery of services.	Attend multi-disciplinary meetings and provide appropriate input for collaboration and management of care.		
		Identify needs of assigned team for most effective communication of nutrition education.		
		Contributes consistently and appropriately to department's social media account.		
		Demonstrates active listening and delivers appropriate responses in challenging cases and discussions.		
		Presents scientific update to sports nutrition team through evaluation of the latest research and presenting findings and potential application in weekly staff meeting.		
Ethics and Professionalism	Identifies with and adheres to the code of ethics for the dietetics profession. Works within personal and professional limitations and abilities. Applies customer-centered principles in practice. Adheres to confidentiality and privacy legislation, standards and policies.	Read Standard of Professional Performance for RDNs and relevant facility policies and trainings. Discuss expectations with mentor and demonstrate understanding throughout immersion.		
		Meet weekly with mentor to discuss areas for professional growth. Consistently identify opportunities for improvement and receive feedback from mentor to improve as a professional.		
		Meet consistently with performance team and seek guidance/collaboration to optimize care and performance.		
		Follows HIPPA and FERPA guidelines and maintains confidentiality, including when using technology and social media platforms.		