

Competency Requirements For Registered Associate Nutritionist (ANutr)

UK Voluntary Register of Nutritionists (UKVRN)

All Registered Nutritionists (RNutr) must also be able to demonstrate how they fully meet the competencies detailed in this document, in addition to those within Competency Requirements for Registered Nutritionist

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Introduction

The UK Voluntary Register of Nutritionist (UKVRN) is a competency based register of individual nutritionists who are qualified and competent in nutrition science and who agree to uphold professional and ethical standards through a comprehensive code of conduct (Standards of Ethics, Conduct and Performance). The UKVRN is governed and maintained by the Association for Nutrition.

This document describes the competency requirements for registration with the UKVRN as a Registered Associate Nutritionist (ANutr). Only individuals who meet the required standards expected in evidence based science and professional practice can be admitted to and remain on the UKVRN.

Core Competencies in Nutrition

The following Core Competencies in nutrition are applied to all Registered Associate Nutritionists through demonstration of knowledge and understanding.

Core Competency 1 - Science

Knowledge and understanding of the scientific basis of nutrition. Understanding nutritional requirements from the molecular through to the population level – for either human or animal systems.

Core Competency 2 – Food or Feed Chain

Knowledge and understanding of the food or feed chain and its impact on food or feed choice. Integrating the food or feed supply with dietary intake.

Core Competency 3 - Social/Behaviour

Knowledge and understanding of food or feed in a social or behavioural context, at all stages of the life course – for either human or animal systems.

Core Competency 4 - Health/Wellbeing

Understanding how to apply the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations; recognising benefits and risks – for either human or animal systems.

Core Competency 5 - Professional Conduct

Understanding of professional conduct and the Association for Nutrition's Standards of Ethics, Conduct and Performance, along with evidence of good character.

Registered Associate Nutritionists (ANutr)

To meet the competence requirements for registration as a Registered Associate Nutritionist individuals must:

- **Demonstrate knowledge and understanding** in all sub-competencies of the five Core Competencies for nutrition practice at the required level (equivalent to the attainment of a BSc honours degree or MSc degree).

Competency Requirements for Registered Associate Nutritionists

Core Competency 1 - Science

Knowledge and understanding of the scientific basis of nutrition. Understanding nutritional requirements from the molecular through to the population level – for either human or animal systems.

AREAS OF KNOWLEDGE AND SKILLS REQUIRED

CC1a - The human/animal body and its functions, especially digestion, absorption, excretion, respiration, fluid and electrolyte balance, cardiovascular, neuro-endocrine, musculoskeletal and haematological systems, immunity and thermoregulation, energy balance and physical activity

CC1b - Mechanisms for the integration of metabolism, at molecular, cellular and whole body levels for either human or animal systems

CC1c - What nutrients are (including water and oxygen)

CC1d - Nature and extent of metabolic demand for nutrients

CC1e - How nutrients are used by the body (either human or animal), consequences of deficiency and assessment of nutritional status

CC1f - Non-nutrient components of foods, feeds and drinks that affect diet and health, including alcohol for either human or animal systems

CC1g - Nutrient analysis: calculating nutrient contents of foods, feeds and diets of an individual or group of individuals or animals, justifying choice of a method of dietary assessment for a specific stated purpose

CC1h - Digestion, absorption, transportation and storage of nutrients and non-nutrient components of foods or feeds for either human or animal systems

CC1i - Nutrition in health and disease, consequences of an unbalanced diet for either human or animal systems

CC1j - Nature of common conditions that require dietary manipulation or can affect physical activity, such as obesity, diabetes, hypertension, cardiovascular disease, cancer etc. for either human or animal systems

CC1k - How nutritional needs change with age, gender, physical activity, lifestyle etc. for either human or animal systems

CC1l - Ability to plan, conduct, analyse and report on investigations into an aspect of nutrition in a responsible, safe and ethical manner

CC1m - Ability to carry out sample selection and to ensure validity, accuracy, calibration, precision, replicability and highlight uncertainty during collection in accordance with the basic principles of good clinical practice

CC1n - Ability to obtain, record, collate, analyse, interpret and report nutrition-related data using appropriate qualitative and quantitative research and statistical methods in the field and/or laboratory

and/or intervention studies, working individually or in a group, as is most appropriate for the discipline under study

CC1o - Prepare, process, interpret and present data, using appropriate qualitative and quantitative techniques, statistical programmes, spreadsheets and programs for presenting data visually

CC1p - Health research methods, dietary nutrition methodologies and nutritional epidemiology for either human or animal systems

CC1q - Theories of and development of practical skills in communication and learning

Core Competency 2 – Food or Feed Chain

Knowledge and understanding of the food or feed chain and its impact on food choice.

Integrating the food or feed supply with dietary intake for either human or animal systems.

AREAS OF KNOWLEDGE AND SKILLS REQUIRED

CC2a - Food commodities (staple foods, main sources of key nutrients, novel foods etc) within UK and/or internationally for either human or animal systems

CC2b - Effect on chemical composition and nutritional quality of food, feed and diet for either human or animal systems of:

- methods of food or feed production, preparation, preservation, fortification and format
- sources of food or feed supply
- methods of cooking and storage

CC2c - Familiarity with and/or development of practical skills involved in the methods to analyse the composition of foods or feeds

CC2d - Ability to formulate ideas and opinions concerning foods or feeds, nutrients, non-nutrient components of food and nutrition effectively and appropriately for either human or animal systems

CC2e - Understanding of issues associated with food or feed sustainability

Core Competency 3 – Social/Behaviour

Knowledge and understanding of food or feed in a social or behavioural context, at all stages of the lifecourse.

AREAS OF KNOWLEDGE AND SKILLS REQUIRED

CC3a - Food or feed and nutrition and health policy (at global, national and local level) for either human or animal systems

CC3b - Significance of evaluation of nutrition in maintaining and driving public health agendas

CC3c - Factors that affect an individual's, communities' and population groups' nutritional needs and practices for either human or animal systems

CC3d - Religious and cultural beliefs and practices that impact on food, nutrition and health

CC3e - Consideration of financial/social and environmental circumstances on diet and nutritional intake

CC3f - Theories and application of methods of improving health, behaviour and change for either human or animal systems

CC3g - Design and implementation of intervention projects and programmes, methods for monitoring and evaluating effectiveness and efficiency

CC3h - Theories of nutrition health education and nutrition health promotion (humans only)

CC3i - Ability to design/formulate a diet to meet a specification appropriate for a stated situation for an individual, human or animal, or group of humans or animals

Core Competency 4 – Health/Wellbeing

Understanding how to apply the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations; recognising benefits and risks for either human or animal systems

AREAS OF KNOWLEDGE AND SKILLS REQUIRED

CC4a - Principles and methods of measurement and estimation of energy balance; energy expenditure, physical activity and fitness; body mass; body composition; how body mass and energy balance are controlled for either human or animal systems

CC4b - Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, sub groups and the individual for either human or animal systems

CC4c - Scientific basis of the safety and health promoting properties of nutrients and non-nutrient components of food or feed, based on knowledge of the metabolic effects of nutrients, anti-nutrients, toxicants, additives, pharmacologically active agents (drugs); nutrient-nutrient interactions, nutrient-gene interactions, 'nutraceuticals', functional foods, and any other metabolically active constituents of foods or feeds and the diet

CC4d - Scientific basis for the measurement and estimation of nutritional requirements, dietary reference values for the general population for either human or animal systems

CC4e - Understanding the general principles underpinning, and strengths and limitations of, common methods of assessment of nutritional status including clinical, anthropometric, dietary, biochemical, physiological, and functional methods for either human or animal systems

CC4f - Understanding the general principles and methods associated with determining the efficacy, health attributes, health claims, safety, and legal aspects of foods, feeds, drinks and supplements for either human or animal systems

CC4g - Ability to recognise strengths and weaknesses in dietary, nutrition and health research methods, in order to understand the limitations of the scientific basis of nutritional knowledge for either human or animal systems

CC4h - Ability to integrate knowledge and understanding from a variety of sources to identify or propose solutions in one of the following areas: improvement of human health or improvement of the welfare and/or productivity of animals or improvement of food production and sustainability

Core Competency 5 – Professional Conduct

Understanding of professional conduct and the Association for Nutrition's Standards of Ethics, Conduct and Performance.

AREAS OF KNOWLEDGE AND SKILLS REQUIRED

PC1 - Awareness of the necessity of the ethical requirements of being a UKVRN Registered Associate Nutritionist/Registered Nutritionist. Full knowledge of and adherence to all aspects of the AfN Standards of Ethics, Conduct and Performance

PC2 - Awareness of and adherence to responsibilities and accountability in relation to the relevant current international, European and national legislation, national guidelines and local policies and protocols

PC3 - Regular development and improvement of professional practice and competence through continuing professional development

PC4 - Continual reflection on and evaluation of own practice against best practice standards, guidelines and protocols to improve practice in the best interest of clients, the public and the profession

PC5 - Continual assessment and management of risk in own practice

PC6 - Awareness and understanding of research and other developments in the relevant evidence base(s) within own specialty

PC7 - Critical appraisal of the outcomes of relevant research and evaluations and application to improve own practice

PC8 - Awareness of the role of audit and review in quality management, including quality control, quality assurance and the use of appropriate outcome measures

PC9 - Understanding of and commitment to equality, diversity and rights, and to practice in a non-discriminatory manner

PC10 - Understanding of and commitment to necessity of obtaining informed consent whenever required

PC11 – Understanding of the need to establish appropriate professional relationships and, where appropriate, work effectively as part of a team

PC12 – Understanding of the need to work, where appropriate, in partnership with other professionals, support staff, individuals, groups, colleagues, commercial organisations, the media and stakeholders

PC13 - Ability to communicate effectively with individuals and groups using a range of methods and/or media to enable them to make informed choices about nutrition