



Association
for Nutrition

Regulating Professionals – Raising Standards – Improving Health

Consultation Document II



Competency Requirements for registration onto
the UKVRN (Registered Nutritionist - RNutr)



Overview

- This document sets out the proposed updated competency requirements for registration with the UK Voluntary Register of Nutritionists (UKVRN) as a Registered Nutritionist (RNutr). These competencies have been identified as the minimum requirements for progression to RNutr level, demonstrating proficient practice, which is safe, effective and evidence-based.
- All UKVRN Registered Nutritionists (RNutr) will be expected to be able to demonstrate competence in all ANutr Competencies, plus the RNutr Competencies, including those specific to their specialist area of practice (Animal, Food, Healthcare-Medical, Nutrition Science, Public Health or Sports & Exercise). These competencies should be read in conjunction with the AfN Independent Practice Competencies for those undertaking independent practice, whether with individuals, groups or businesses.



Proposed Competencies

Core Competency I: Professional Conduct and Practice

(Applies to all RNutr specialisms)

As a UKVRN Registered Nutritionist, you should be able to:

CCR1a – Demonstrate ethical and professional practice through upholding the AfN Standards of Ethics, Conduct and Performance, including, but not limited to:

- Identifying and applying the principles of equality, diversity, equity and inclusion (EDEI) that should be fully considered, assessed and applied throughout all areas of practice and activities
- Working within your own scope of practice, appreciating the limits of your skills and knowledge, being aware of independent practice competencies and referral pathways
- Applying the scientific principles mastered through your education and continuing professional development (CPD) to your professional practice and public activities

CCR1b – Applying appropriate communication skills throughout all areas of practice, by:

- Establishing appropriate professional relationships, collaborating effectively and ethically, including brand, sponsorship and influencer activities
- Respecting and reflecting the balance of the scientific evidence which underpins your practice and activities, enabling people to make informed choices about nutrition
- Advising on and presenting nutritional science information and research findings to a range of audiences in a suitable format across different communication media
- Checking that the information you have provided is accurate and has been understood correctly, including when communicated in different languages



Proposed Competencies

Core Competency I: Professional Conduct and Practice

(Applies to all RNutr specialisms)

As a UKVRN Registered Nutritionist, you should be able to:

CCR1c – Regular development of professional practice and competence, demonstrated by:

- Undertaking CPD activities and reflective practice in accordance with AfN requirements, submitting CPD record for assessment if selected for audit
- Keeping up to date with relevant research developments, using research to develop evidence base, critiquing and applying findings to improve own practice
- Keeping up to date and, where appropriate, participating in the development of food and nutrition policies (e.g., through contributions to scientific committees, expert groups or consultation responses), and explaining where these align with international policies
- Developing and/or applying policies to assess risk, and evaluating and adapting own practice in line with best practice standards, legislation, official guidelines, policies and protocols
- Participating in and recognising the importance of mentorship to the development of your practice and the profession, including peer-to-peer and RNutr-to-ANutr

CCR1d – Demonstrating awareness of developing evidence base & its application in practice, by:

- Promoting the role of nutrition in sustainability, recognising national and international frameworks and terminology, and outlining associated issues
- Accessing, obtaining and analysing relevant data from large nutrition-related data sets, such as NDNS, Kantar, AHDB, PFMA and ONS*, applying findings to the development of research, policies, activities and programmes
- Identifying gaps in the evidence base, recognising their associated limitations and opportunities, appropriate to your professional context
- Advising on the general principles and methods associated with factors including determining the efficacy, health attributes, nutrition and health claims, safety and legal aspects of foods/feeds and drinks, and the use of supplements

* Large dataset examples: National Diet & Nutrition Survey (NDNS), Kantar Worldpanel, Agriculture and Horticultural Development Board (AHDB), Pet Food Manufacturers Association (PFMA), Office for National Statistics (ONS)



Specialist Area of Practice

In addition to the general RNutr competencies detailed on the previous pages, each RNutr must also demonstrate they can meet the competencies in a specialist area of practice. These are detailed on the following pages.



Animal



Food



Healthcare
(Medical)



Nutrition Science



Public Health



Sport &
Exercise



Animal Nutrition

- An Animal Nutritionist applies their knowledge of the anatomy, physiology, metabolism and nutrition of vertebrates to a species or genus, understands the specific characteristics of the nominated species and applies this knowledge to their welfare, dietary needs and nutritional disorders, advising others about the subject or constructing experiments to increase understanding of nutritional science of the species.
- Animal nutritionists may run their own consultancy, work in industry, education, academia or research.
- Registered Nutritionists specialising in Animal Nutrition have the suffix (Animal) after their title RNutr.



Proposed Competencies

Core Competency II: Science and Research Skills

As a UKVRN Registered Nutritionist (Animal), you should be able to:

Use your knowledge and understanding to:

AN2a – Explain the science underpinning recent developments in feed policy

AN2b - Explain the complementarity between the food needs of humans and your nominated species of expertise

Practically apply your knowledge and understanding to:

AN2c – Accurately assess the nutritional requirements for maintenance and production or performance in your nominated species of expertise (growth, lactation, egg production, sport etc.)

AN2d – Design and implement a feeding programme to meet the needs of specific clients/species

AN2e – Apply computerised methods to calculate ration/feed formulation and describe the assumptions these methods make and their limitations



Proposed Competencies

Core Competency III: Food Systems

As a UKVRN Registered Nutritionist (Animal), you should be able to:

Use your knowledge and understanding to:

AN3a – Explain feed manufacturing and development processes, describing:

- The quality control systems and microbiological safety issues in production
- The importance of sustainability in feed production and procurement
- Bioavailability of nutrients in feed
- Adaptation of systems to improve nutritional value of feed
- Reformulation, fortification and functional feeds
- Legislation for the control of feeds, their use/marketing and labelling

AN3b – Describe the effects of dietary constituents, species variations and different processing techniques on the composition of animal-origin foods and the possible impact on human nutrition/health and sustainability

Practically apply your knowledge and understanding to:

AN3c – Communicate practical dietary advice following official guidelines on the nutritional requirements and considerations during health, disease and recovery of your nominated species of expertise

AN3d – Advise on feedstuffs and ingredients, detailing their chemical composition, nutritive value, potential anti-nutrients and toxins

AN3e – Identify and develop solutions to feeding management problems for your nominated species of expertise



Proposed Competencies

Core Competency IV: Social & Behaviour

As a UKVRN Registered Nutritionist (Animal), you should be able to:

Use your knowledge and understanding to:

AN4a – Describe the impact on feed choice, dietary intake and feeding practices, related to:

- Human health and nutrition trends (including obesity and diet trends)
- Human behaviour and perception
- Animal behaviours regarding season, age, reproductive status and resource competition
- Marketing, including campaigns, labelling strategies and veterinary promotion
- Food and feed prices
- Feed systems

Practically apply your knowledge and understanding to:

AN4b – Advise and influence owners/managers/farmers to make positive nutritional choices for the maintenance, production, performance, health and welfare of your nominated species of expertise

AN4c – Identify and advise on how the feeding behaviours of your nominated species of expertise impacts on nutrient requirements, digestion, health, natural behaviour and welfare



Proposed Competencies

Core Competency V: Health & Wellbeing

As a UKVRN Registered Nutritionist (Animal), you should be able to:

Use your knowledge and understanding to:

AN5a – Describe the development and production process of specialist feeds and supplements, such as balanced energy-protein supplements or supplements to pasture

Practically apply your knowledge and understanding to:

AN5b – Identify dietary needs of specified animals, using markers of nutritional status and diet related health, applying findings to research, or development of feed strategies

AN5c – Advise on the impact of animal feeding and management on the risk of animal/zoonotic diseases and disorders such as acidosis, ketosis, laminitis, post-weaning diarrhoea, parasite control, locomotor disorders, digestive and metabolic disorders

AN5d – Calculate requirements, and based on the results, advise on the development, and support the implementation, of feeding programmes, to meet the needs of the individual animal/herd (such as managing obesity, feed sensitivity, production gains, age, fertility)



Food

- Food Nutritionists will usually work in nutrition/food education/academia, as a nutrition/food researcher, for the food manufacturing industry (producing anything from baby foods to food supplements), the foodservice industry (from wholesalers to catering companies), food retailers (major supermarkets or pharmacy chains), public relations companies or trade/ industry organisations.
- Food nutritionists usually look at the science, ingredients, policy, legislation and regulations involved in the consumption or marketing of a food item. Their roles will vary between nutrition training or education, customer service, health promotion and assessing, setting, implementing and communicating nutritional standards and information for foods in commercial and food service settings, marketing, product development, regulatory support and research/science. Their role may also include community development/health improvement as well as commissioning of services.
- Registered Nutritionists specialising in Food have the suffix (Food) after their title RNutr.



Proposed Competencies

Core Competency II: Science and Research Skills

As a UKVRN Registered Nutritionist (Food), you should be able to:

Use your knowledge and understanding to:

FN2a – Explain the science underpinning recent developments in food policy

Practically apply your knowledge and understanding to:

FN2b – Accurately assess the nutritional content/contribution of food and food products, interpreting results and reporting on them in multiple settings, formats and platforms, appropriate to your area of work

FN2c – Analyse and evaluate food intake records, recipes and/or diets, either manually, or using appropriate computer programmes



Proposed Competencies

Core Competency III: Food Systems

As a UKVRN Registered Nutritionist (Food), you should be able to:

Use your knowledge and understanding to:

FN3a – Explain food manufacturing and development processes, describing:

- The quality control systems and microbiological food safety issues in production
- The importance of sustainability in food production and procurement
- Bioavailability of nutrients in food
- Adaptation of systems to improve nutritional value of food
- Reformulation, fortification and functional foods

Practically apply your knowledge and understanding to:

FN3b – Communicate practical dietary advice following accurate dietary assessment and application of dietary or nutritional guidelines, in multiple groups, sub-groups, and settings

FN3c – Apply dietary or nutritional guidelines to product development, menu or meal planning, marketing or other consumer communications

FN3d – Identify socioeconomic disparities in nutrition and food choice, designing where appropriate new products, research or interventions to address them

FN3e – Interpret food labels, guideline daily amounts and front of pack labelling to advise your practice

FN3f – Develop guidance, systems or plans around food safety, food hygiene, sustainability and/or environmental awareness



Proposed Competencies

Core Competency IV: Social & Behaviour

As a UKVRN Registered Nutritionist (Food), you should be able to:

Use your knowledge and understanding to:

FN4a – Describe the impact on food choice and dietary intake, in relation to:

- New developments in food science
- Product reformulation
- Marketing, including campaigns, labelling strategies and store tours
- Socio-cultural settings, including high- and low-income communities

Practically apply your knowledge and understanding to:

FN4b – Advise on food processing, manufacturing, and preparation/service needs associated with specific population groups, considering age, sex, cultural and financial background, specific dietary requirements and health issues

FN4c - Apply the principles of behaviour change in your practice as a food nutritionist and, where appropriate, in intervention design, implementation and evaluation, recognising and developing plans to overcome barriers to implementation



Proposed Competencies

Core Competency V: Health & Wellbeing

As a UKVRN Registered Nutritionist (Food), you should be able to:

Use your knowledge and understanding to:

FN5a – Describe the development and production process of specialist dietary products, such as balanced energy-protein supplements

Practically apply your knowledge and understanding to:

FN5b – Identify health needs of specified individuals, groups, and communities, using markers of nutritional status and diet related health, applying findings to research, or development of menus or food products

FN5c – Advise on healthy catering, menus and/or healthy product development using current standards and guidelines

FN5d – Advise on development, and support the implementation, of national programmes, such as universal fortification programmes



Healthcare (Medical)

- A Registered Nutritionist (Healthcare- Medical) will be registered with the General Medical Council (GMC) and holds a license to practise, will have completed their Foundation Year 2 (FY2) and will have substantial additional relevant professional experience postgraduate education and training in nutrition sufficient to meet the competence requirements for entry to UK Voluntary Register of Nutritionists (UKVRN) as a Registered Nutritionist (Healthcare-Medical). They will be a GMC registered and licensed medical practitioner who uses their nutrition knowledge and experience as a routine part of their job, usually within a clinical environment, to advise on individual and population nutritional needs and management.
- A Registered Nutritionist (Healthcare-medical) must hold continuing registration with the General Medical Council (GMC) and a licence to practise.
- Registered Nutritionists specialising in Healthcare-Medical Nutrition will have the option to use the suffix (Healthcare-Medical) after their title RNutr.



Proposed Competencies

Core Competency I: Professional Conduct and Practice (additional for Healthcare - Medical)

As a UKVRN Registered Nutritionist with the Healthcare Medical specialism, you should be able to:

CCR1e – Demonstrate Good Medical Practice by holding continuing registration with the General Medical Council (GMC), adhering to the GMC ethical guidance framework

CCR1f – Apply the principles of medico-legal ethics when dealing with complex nutritional and hydration care, especially when involved in end-of-life care and withholding or withdrawal of artificial feeding

CCR1g – Identify referral pathways and other health care professionals within clinical and community/support settings with expertise in nutrition



Proposed Competencies

Core Competency II: Science and Research Skills

As a UKVRN Registered Nutritionist (Healthcare - Medical), you should be able to:

Use your knowledge and understanding to:

HC2a - Identify the processes involved in the disruption to homeostasis of nutrition in diseased, physiologically and surgically altered states, including starvation, hypermetabolic and catabolic states

Practically apply your knowledge and understanding to:

HC2b - Apply appropriate methods to assess nutritional status, including history and physical examination, growth charts, laboratory, body composition, and diagnosis and treatment of nutrient deficiencies and excess

HC2c - Manage chronic conditions, and identify nutritional causes and consequences, recognising inter-individual differences in dietary response

HC2d - Calculate protein, macro- and micro-nutrient, and energy needs and DRVs in health and disease, acknowledging the relationship between DRVs and RDAs used on vitamin supplements



Proposed Competencies

Core Competency III: Food Systems

As a UKVRN Registered Nutritionist (Healthcare - Medical), you should be able to:

Use your knowledge and understanding to:

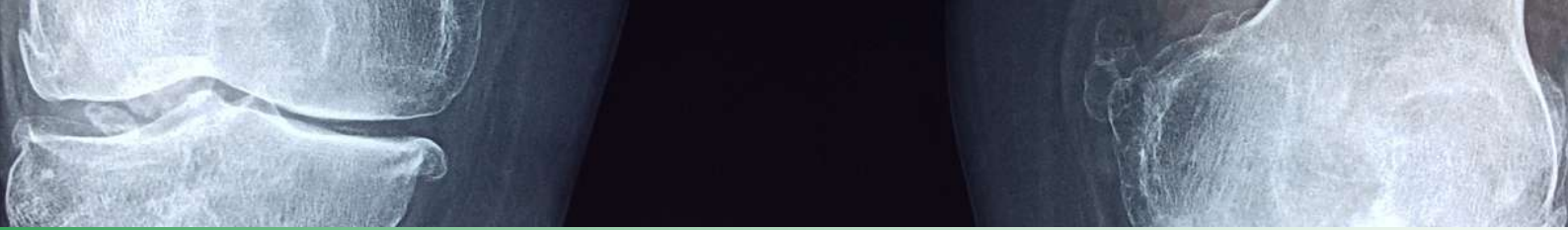
HC3a - Explain the impact of food reformulation for patients

Practically apply your knowledge and understanding to:

HC3b – Advise on the role of alcohol in relation to the following: energy, toxin, social and the management of over-consumption

HC3c – Identify and manage food allergies and intolerances, advising on impact on food choices and referring on, when required, for suitable nutrition support

HC3d - Manage specialised diets, including, DASH (Dietary Approach to Stop Hypertension), 'Mediterranean', Special/ Adapted Diets, and supplementation, advising on food choices and preparation



Proposed Competencies

Core Competency IV: Social & Behaviour

As a UKVRN Registered Nutritionist (Healthcare - Medical), you should be able to:

Use your knowledge and understanding to:

HC4a – Describe basic mental health and illness paradigms including addictive behaviour patterns e.g., alcohol consumption, extreme dietary restrictions, disordered eating and eating disorders

HC4b – Describe specific nutrition-related medical needs during the life course such as pregnancy, breast feeding, ageing and end of life care

Practically apply your knowledge and understanding to:

HC4c – Identify and influence nutritional choices in health and disease

HC4d – Deliver, refer, or signpost to, social and behavioural interventions at population and individual levels

HC4e – Avoid weight stigma (obesity and cachexia) in all aspects of practice, including verbal and written communications



Proposed Competencies

Core Competency V: Health & Wellbeing

As a UKVRN Registered Nutritionist (Healthcare - Medical), you should be able to:

Use your knowledge and understanding to:

HC5a – Describe the changes in nutritional demands and body composition relating to acute and chronic ill health, and their management, including:

- Fluid and hydration (including over-hydration), lean mass, fat mass
- Functional nutritional state
- Reductive adaptation, refeeding syndrome
- Ageing, sarcopenia, cachexia
- Under- and over-nutrition

HC5b – Identify appropriate uses of oral, enteral and parenteral methods of nutritional support, and routes of delivering feed e.g., enteral tube feeding NG, PEG, and post-pyloric, confirming safe placement of device and recognising the influence of medication

HC5c – Explain the impact of gastro-intestinal surgical intervention of the gastro-intestinal tract; peri-operative nutrition, enhanced recovery and long-term consequences

Practically apply your knowledge and understanding to:

HC5d – Identify and manage diseases and conditions related to your specific area of medical practice, referring for specialist support when appropriate. Including, but not limited to:

- Diagnose and manage intestinal failure, referring to appropriate specialities including regional or national intestinal failure centres for advice and on-going care
- Using and interpreting results from validated tools for screening for malnutrition e.g., 'MUST' (Malnutrition Universal Screening Tool)
- Identify and manage malnutrition, including under- and over-nutrition, in critically ill patients and patients living with obesity, providing appropriate weight management advice
- Identify eating disorders, referring for specialist help when appropriate
- Developing/delivering food, nutrition and health policies



Nutrition Science

- A Nutrition Scientist investigates how the metabolic and physiological demands of cells, tissues, organs and the whole body are met from the diet, de novo synthesis and from body reserves. The nutrition scientist may use expertise from the fields of molecular biology, biochemistry, physiology and genetics or other underpinning scientific knowledge. They aim to understand the factors that determine requirements for energy and specific nutrients, the sequence of steps through which ingested substances are digested and change from one form to another in the body, how food related chemicals can cause or prevent disease or may affect risk factors. Their work may contribute to understanding of pathological or healthy processes in humans and other animals. Nutrition Scientists will typically work in a research role in academia/food industry/research institutes etc.
- Registered Nutritionists specialising in Nutrition Science will have the option to use the suffix (Nutrition Science) after their title RNutr



Proposed Competencies

Core Competency II: Science and Research Skills

As a UKVRN Registered Nutritionist (Nutrition Science), you should be able to:

Use your knowledge and understanding to:

NS2a – Explain the evidence behind the protective role of dietary bioactive compounds

NS2b – Explain the evidence surrounding genetics, epigenetics, gene-nutrient interactions and foetal programming

Practically apply your knowledge and understanding to:

NS2c – Examine factors which can affect the following:

- Cellular integrity
- Energy metabolism and expenditure
- Bioavailability of micro and macronutrients

NS2d – Identify and describe factors affecting the nutritional significance of minerals and trace elements, their absorption, storage and excretion, designing ways to prevent mineral deficiencies and excess

NS2e – Investigate the mechanistic basis of the action of nutrients in the body, and/or food components associated with protection against diseases, such as CVD and cancers



Proposed Competencies

Core Competency III: Food Systems

As a UKVRN Registered Nutritionist (Nutrition Science), you should be able to:

Use your knowledge and understanding to:

NS3a – Describe the biological mechanisms underpinning health risk assessment and epidemiology

NS3b – Explain the health benefits and/or risks of reformulation, fortification, novel and functional foods

Practically apply your knowledge and understanding to:

NS3c – Advise colleagues, legislators, non-governmental organisations and/or other organisations on matters related to nutritional science, in multiple settings

NS3d – Advise on the development and implementation of nutritional strategies, for example in areas of famine or chronic malnutrition



Proposed Competencies

Core Competency IV: Social & Behaviour

As a UKVRN Registered Nutritionist (Nutrition Science), you should be able to:

Use your knowledge and understanding to:

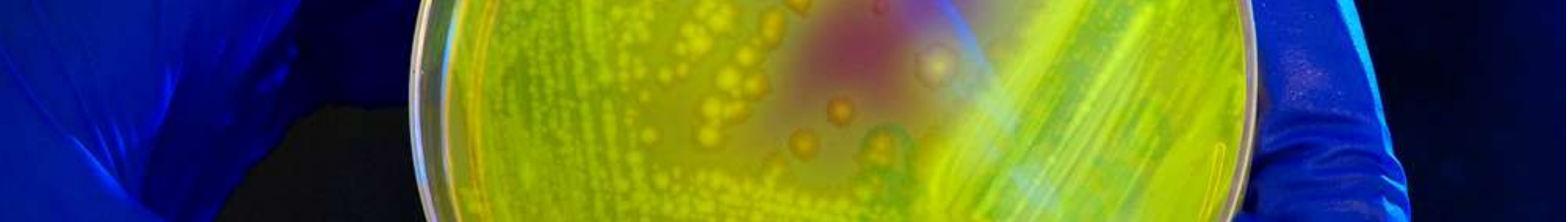
NS4a – Describe the impact on food choice and dietary intake, in relation to:

- New developments in food science
- Reformulation
- Socio-cultural settings, including high- and low-income communities
- Psychological and societal factors

Practically apply your knowledge and understanding to:

NS4b – Provide advice on the scientific evidence related to the dietary management of health and disease states

NS4c – Formulate research questions and design research and interventions to examine the impact of diet availability and dietary habits on public health and healthy development



Proposed Competencies

Core Competency V: Health & Wellbeing

As a UKVRN Registered Nutritionist (Nutrition Science), you should be able to:

Use your knowledge and understanding to:

NS5a – Explain the underpinning science and practicalities of strategies for improving nutrition at the population level

NS5b – Explain the impact of highly processed foods on health

Practically apply your knowledge and understanding to:

NS5c – Identify gaps, formulate research questions and/or conduct research on the mechanistic aspects of nutrition related to health status or life-stage

NS5d – Design, implement and evaluate studies, interventions or policies, disseminating the findings to multiple audiences, across multiple platforms



Public Health

- Public Health Nutritionists develop, implement and evaluate nutrition policies and programmes, generating the evidence base and applying scientific knowledge to ensure understanding of the impact of food and diet on health and well being of people and communities, and improving the diet, nutrition and health of people and communities. Roles can include health improvement; addressing inequalities in nutrition and health; nutrition advocacy; developing, commissioning and implementing policies and programmes; monitoring, evaluation and assessment of diet in groups/communities; education and generating research evidence linking food/nutrients and health. Public Health nutritionists will generally work in research, government, NHS, non-governmental organisations, health authority/local authority settings etc. or be self employed.
- Registered Nutritionists specialising in Public Health Nutrition will have the option to use the suffix (Public Health) after their title RNutr.



Proposed Competencies

Core Competency II: Science and Research Skills

As a UKVRN Registered Nutritionist (Public Health), you should be able to:

Use your knowledge and understanding to:

PH2a – Explain how the demands of physical activity impact metabolism, nutrient and fluid needs, how this affects energy and nutrition requirements, and how they vary from current dietary reference values and recommendations

Practically apply your knowledge and understanding to:

PH2b – Accurately assess diet in several different population groups and settings, using anthropometry, dietary records and/or biomarkers, communicating, reporting, and advising on results appropriately

PH2c – Measure, describe and interpret patterns of food/nutrient intake or markers of nutrition



Proposed Competencies

Core Competency III: Food Systems

As a UKVRN Registered Nutritionist (Public Health), you should be able to:

Use your knowledge and understanding to:

PH3a – Explain the sociology and politics of institutions and other stakeholders in the national and global food supply

PH3b – Explain the importance of sustainability and equity in public health nutrition programmes

Practically apply your knowledge and understanding to:

PH3c – Undertake modelling exercises to determine impact of changes in food composition or consumption, e.g., as a result of reformulation

PH3d – Translate food information to nutrients, using it to advise multiple groups and settings, and/or research



Proposed Competencies

Core Competency IV: Social & Behaviour

As a UKVRN Registered Nutritionist (Public Health), you should be able to:

Use your knowledge and understanding to:

PH4a – Explain the principles of controlling non-communicable diseases

PH4b – Explain the social determinants of health, considering relevant research developments

Practically apply your knowledge and understanding to:

PH4c – Advise on healthy diets and nutrition, including how to modify food/nutrient intake, at individual and population level, considering factors such as age, sex, religion, culture, socio-economic background, disability, cooking skills and physical activity, in multiple settings across multiple platforms

PH4d – Advise, and where appropriate support evidence development, on how behavioural/social aspects of nutrition can impact on different population groups – at either a local, national or international level, and for both low- and high-income communities

PH4e – Incorporate behaviour change techniques into activities developed for multiple populations (at individual, group or population level), targeted at the needs of the specific audiences



Proposed Competencies

Core Competency V: Health & Wellbeing

As a UKVRN Registered Nutritionist (Public Health), you should be able to:

Use your knowledge and understanding to:

PH5a – Explain how the National Health Service (NHS) and other healthcare systems (including private) operate, nationally and internationally

Practically apply your knowledge and understanding to:

PH5b – Support, develop and implement evidence-based food, nutrition and health policies, strategies and programmes, for multiple population groups and settings, undertaking effective stakeholder engagement

PH5c – Develop and deliver nutrition related interventions and public health campaigns designed to improve population diet, such as growth monitoring, weight management referral schemes and prevention of undernutrition in infants, micronutrient supplementation, food co-ops, and school-based schemes

PH5d – Propose solutions to nutrition-related problems appropriate for specific individuals or groups, to prevent ill health or to improve health, considering specific population and life-stage



Sport and Exercise

- Sports and Exercise Nutritionists develop, implement and evaluate nutritional strategies to optimise performance in sport and exercise. They determine the energy, fluid and nutrient demands of sport and exercise and provide tailored dietary advice to individuals and groups, ranging from recreational athletes, enthusiastic amateurs to elite professional athletes. They may also work for and in the sports nutrition industry eg producing products for athletes of all ability levels, or may work in education, be academics or researchers.
- Registered Nutritionists specialising in Sports and Exercise Nutrition will have the option to use the suffix (Sports) after their title RNutr.



Proposed Competencies

Core Competency II: Science and Research Skills

As a UKVRN Registered Nutritionist (Sports), you should be able to:

Use your knowledge and understanding to:

SE2a – Describe the principles of training, components of fitness and the physiological demands of exercise and sporting performance, evaluating their impact on the energy and nutritional requirements of an athlete, explaining how these vary from current dietary reference values and recommendations

Practically apply your knowledge and understanding to:

SE2b - Measure and estimate the energy and nutritional requirements for different levels of sport, exercise and physical activity and monitor nutritional status, using findings to advise individuals, groups, and/or research

SE2c – Explain the importance of hydration in sport and exercise, applying appropriate methods to assess hydration status

SE2d – Access and refer to IOC consensus statements, recognising the underpinning evidence-base



Proposed Competencies

Core Competency III: Food Systems

As a UKVRN Registered Nutritionist (Sports), you should be able to:

Use your knowledge and understanding to:

SE3a – Explain the structure, hierarchies, roles, funding and rules relating to the Sporting World

Practically apply your knowledge and understanding to:

SE3b – Review the role of ergogenic aids and nutritional supplements and provide evidence-based guidance on the safe and effective use of dietary or nutritional supplements, being aware of regulatory bodies, current evidence and guidelines

SE3c – Adhere to international and domestic support nutrition policies, procedures and legal restrictions on supplement and drug use, with specific regard to WADA doping rules and regulations, always working in an ethical manner

SE3d – Advise on the provision of nutrition during training and competition, considering factors including food availability, access, facilities and timing



Proposed Competencies

Core Competency IV: Social & Behaviour

As a UKVRN Registered Nutritionist (Sports), you should be able to:

Use your knowledge and understanding to:

SE4a – Describe the change in nutritional demands and ability of athletes to achieve nutritional goals, considering the impact of factors such as travel, environment, ambitions, values, beliefs, motivations, training and performance pressures

Practically apply your knowledge and understanding to:

SE4b – Advise on diet at individual and population level, suggesting how to modify intake in relation to factors such as age, sex and sport, considering the impact of factors including dietary requirements and special diets, disability, income, shopping and cooking skills on achieving dietary goals

SE4c – Assess dietary intake and counsel individuals and teams to achieve an optimum diet for performance through meal adaption/menu modification, recognising meal timing in relation to training and competition

SE4d – Design dietary interventions and strategies to support changes in body mass and composition



Proposed Competencies

Core Competency V: Health & Wellbeing

As a UKVRN Registered Nutritionist (Sports), you should be able to:

Use your knowledge and understanding to:

SE5a – Explain and consider the role of nutrition in the prevention and recovery from illness and injury

Practically apply your knowledge and understanding to:

SE5b – Contribute to the development and/or implementation of strategy and policy on food and nutrient-based standards to provide advice to athletes for various sports and physical activity

SE5c – Contribute to awareness, development and/or implementation of nutrition and hydration policies and practices for clubs and governing bodies, working with food providers to ensure availability of appropriate foods and meals

SE5d – Contribute to the development and/or production of food and drink-based education guidelines, materials or programmes for individuals or teams



Consultation Questions

The questions we will be asking on the RNutr Core Competencies are:

1. How easy to you find these to understand?
2. Do you think these need to be made clearer? If so, please state which point(s) and how this should be made clearer?
3. Do you agree with the proposed new layout, i.e. splitting each core competency into knowledge and understanding, and practical application (e.g., 'knows how/shows how')? Please explain why.
4. Do any RNutr skills and knowledge gaps remain that are not covered when read together with the proposed ANutr Competencies and AfN Independent Practice Competencies? If yes, please explain what gaps remain, why, and how this could be addressed.
5. Do the RNutr competencies demonstrate a progression from ANutr in nutrition expertise? Please explain why.
6. What would you consider a suitable time period for these RNutr competencies to be implemented for the assessment of new applicants to the register and for ANutr to RNutr transfers?
 - <6 months
 - >6 - <12 months
 - >12 - <18 months
 - >18 - <24 months
 - >24 - <36 months
 - Other?: Please specify
7. What specific term(s) do you think should be defined within the glossary of terms?
8. What specific point(s) do you think should be covered within the supporting guidance documents?
 - For individuals to achieve the competencies
 - For assessors to assess achievement of the competencies
9. Do you have any additional comments or feedback on the proposed RNutr competencies?