

# EFAD ESDN Sports and Physical Activity Statement Paper on the Role of Sports Dietitian



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## EFAD ESDN Sports and Physical Activity

### Statement Paper on the Role of Sports Dietitian

#### The role of Sports Dietitian

Sport Dietitian is a qualified dietitian with further training and practical experience in sports nutrition to help athletes train, compete, and recover<sup>1</sup> to maximize performance by providing practical strategies, guidelines and policies as well as support to athletes and staff regarding the strategic timing of food and fluids<sup>2</sup>.

An appropriate nutrition strategy in sports is supported by the scientific evidence as a cornerstone of the athlete's performance and health, since it enhances optimal body function, determines the coverage of energy and nutrients needs and assists in managing body composition.

The sports dietitian provides individual and group/team nutrition counselling and education to enhance the performance, health and wellness of competitive and recreational athletes. Primary responsibilities include translating the latest scientific evidence into practical sports nutrition recommendations; tracking and documenting outcomes of sports nutrition services, providing nutrition intervention, support coaches, trainers, and parents/caregivers in nutrition and food literacy; providing sports nutrition education for health/wellness programs, athletic teams, and community groups; and maintaining competency and skills required for professional practice<sup>3</sup>.

#### Individual Nutrition Counseling<sup>4</sup>

- ▲ Coordinates nutritional care as a member of multidisciplinary sports medical/sports science teams, supervises DTRs (need to put word in full before abbreviating) and mentor dietetic interns.
- ▲ Assesses dietary practices, body composition, biochemical data and nutrient needs of athletes for their performance and health.
- ▲ Counsel athletes on optimal nutrition for exercise training, competition, recovery from exercise, weight and body composition management, hydration and supplementation, according to their individual needs and capabilities for good health and performance.





- Addresses nutritional challenges to performance, working interdisciplinary to provide medical nutrition therapy to help manage or treat medical, nutrition and dietetics conditions including eating disorders. Not sure of the wording of this sentence but I know what they mean.

### **Food Service and Menu Development<sup>4</sup>**

- Coordinates/manages food services for athletes in coordination with administrative dietitians, when possible, to ensure that food provision is adjusted to the athletes needs and phase of their performance.
- Coordinates nutrition and food services during travels.
- Develops and delivers nutrition education for food service personnel, in coordination with administrative dietitians when possible.

### **Nutrition Education for Teams, Groups, or Wellness Programs<sup>4</sup> Professional Development<sup>4</sup>**

- Document nutrition services provided and evaluates the effectiveness of nutrition strategies towards meeting desired outcomes using the Nutrition Care Process.
- Maintains dietetic registration and continuing education requirements.
- Develops and implements an individualized portfolio plan for professional growth and development including participation in professional organizations and activities, workshops, seminars, and development programs.
- Stays abreast of current food, nutrition, and health issues and research related to sports nutrition and exercise physiology.



## References

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2. <https://www.sportsdietitians.com.au/sda-blog/recognising-one-of-sports-best-kept-secrets-accredited-sportsdietitians/> (SDA Sports Dietitians Australia)
3. <https://www.scandpg.org/scan/subgroups/sports-performance/sports-dietitian-job-description> (Academy of Nutrition and Dietetics)
4. Academy's Job Descriptions: Models for the Dietetics Profession, 2nd edition, 2008. American Dietetic Association, ISBN: 978-0-88091-420-8.



## About The European Federation of the Associations of Dietitians (EFAD)

EFAD is the voice of 35.000 European dietitians - more than half the profession – and is the only organisation advocating for dietitians in Europe.

EFAD was established in 1978 with aims to:

- ▲ Promote the development of the dietetic profession
- ▲ Develop dietetics on a scientific and professional level in the common interest of the member associations
- ▲ Facilitate communication between national dietetic associations and other organisations – professional, educational, and governmental
- ▲ Encourage a better nutrition situation for the population of the member countries of Europe.

Membership of the Federation is open all National Associations of Dietitians from member states of Europe.

EFAD currently has 31 member associations, representing over 35,000 dietitians in 27 European countries.

### Definition of a Dietitian:

Dietitians in Europe are recognized healthcare professionals, educated to at least Bachelor level. Using evidence-based approaches, dietitians work autonomously to empower or support individuals, families, groups and populations to provide or select food which is nutritionally adequate, safe, tasty and sustainable. Dietitians assess specific nutritional requirements throughout the life span and translate this into advice and/or treatment. This will maintain, reduce risk to, or restore health, as well as alleviate discomfort in palliative care. Beyond healthcare, dietitians improve the nutritional environment for all through governments, industry, academia and research.

For further information please visit the web site: [www.efad.org](http://www.efad.org)

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