



# **June 2007 Candidate Handbook**

for

**BOARD CERTIFIED  
SPECIALISTS IN  
SPORTS  
DIETETICS**



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**BOARD CERTIFIED SPECIALISTS IN SPORTS DIETETICS**

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### TIPS FOR TAKING THE BOARD CERTIFICATION AS A SPECIALIST IN SPORTS DIETETICS EXAMINATION

Below are tips from current Board Certified Specialist specialists who have previously taken CDR specialty examinations. Although these following tips do not guarantee success on the specialty examination, we thought these general tips might be helpful to you.

#### **General Study Tips:**

- ☑ Examine the content outline. Choose the area where a review would be beneficial to you and locate these areas in the references to study. Content outlines, and references are located in the Candidate Handbook and on CDR's website at the following link: <http://www.cdrnet.org/whatsnew/Sports.htm>.
- ☑ Read over several of the references and perhaps design a grid to help you remember nutrient recommendations.
- ☑ Memorize facts you need for calculations (e.g., protein and calorie recommendations for age groups, etc).

#### **Taking the Examination Tips:**

- ☑ Read every question and all the choices carefully before choosing an answer.
- ☑ Make sure that if necessary, you use the scroll bar to view all the answers.
- ☑ Don't read too much into the questions. Use common sense in tandem with your expertise. Remember the answers are based on the reference information and not individual practice dictated by physicians, or facilities where you work, etc.
- ☑ Please note that you are only allowed one piece of scratch paper at a time. If you need a second piece you will need to ask the proctor for another piece of paper and turn in the one you used before.
- ☑ During the examination, online comments may be provided for any question by clicking on the button displaying an exclamation point (!) to the left of the Time button. This opens a dialogue box where comments may be entered. Comments will be reviewed, but individual responses will not be provided.
- ☑ Once you leave the test center, if you still have comments you may forward written comments to CDR at [specialists@eatright.org](mailto:specialists@eatright.org). All comments sent to CDR should be to the attention of Specialty Certification and sent to CDR no later than five business days after the close of the examination window. Please note that the appeal process is different.
- ☑ Please note that you are not allowed to take purses into the examination room. You are allowed to take restroom breaks, however you will still only have three hours to complete the examination.
- ☑ Use of a silent, nonprogrammable, solar-powered calculator without paper tape-printing capability or alphabetic keypad is permitted during testing. Use of a computer or a Personal Digital Assistant (PDA) is not permitted. Calculators will be checked for conformance with this regulation before candidates are allowed admission to the Assessment Center or testing room. Calculators that do not conform to these specifications are not permitted in the Assessment Center or testing room.
- ☑ Examination room sizes and climates vary, so dress in layers to ensure personal comfort.
- ☑ Get a good night's sleep the night before.
- ☑ After each examination administration, a careful analysis of the performance of each examination question is conducted and a thorough review is made of the candidate comments. All this information is reviewed by CDR staff, AMP staff and content experts at a key validation meeting, and decisions are made as to any scoring adjustments that are appropriate to improve the performance of the examination. Please note this is one of the reasons that score reports will not be sent for 6-8 weeks after the last date of the examination window. This helps to ensure accurate and valid scoring and often benefits test takers.

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### INTRODUCTION

Specialty Board Certification for registered dietitians is offered by the Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association in the areas of sports dietetics, pediatric nutrition, renal nutrition, and gerontological nutrition. CDR is also currently developing a specialty certification in oncology nutrition. Specialty Board Certification is granted in recognition of the applicant's documented practice experience and successful completion of a computerized examination in the specialty area. There are two examination windows for the Board Certification Specialist in Sports Dietetics, one in the summer and one in the winter. The examination consists of multiple-choice questions. It is essential that you keep this Candidate Handbook readily available for reference until you have successfully completed the examination. You are responsible for knowing its contents.

### TESTING AGENCY

Applied Measurement Professionals, Inc. (AMP) is the professional testing agency retained by CDR to assist in the development, administration, scoring, and analysis of this specialty examination. AMP is a research and development firm that conducts professional competency assessment research and provides examination services for a number of health practitioner credentialing programs.

### STATEMENT OF NONDISCRIMINATION

CDR and AMP do not discriminate among candidates on the basis of race, color, creed, gender, religion, national origin, disability or marital status.

### CONFIDENTIALITY

Information about candidates for testing and their examination results are considered confidential. Test question drafts and other materials used to create examination questions (except for test content outlines or reference lists) are secure and confidential. All such materials shall be kept in secure, locked storage, accessible only by authorized personnel, and not disclosed to or shared with others. All questions written and materials developed for questions are considered a "work for hire," and remain the property of CDR. Question writers are not allowed to conduct "review courses" or other programs designed to prepare candidates to take a CDR Specialty examination. Studies and reports concerning candidates will contain no information identifiable with any candidate, unless authorized by the candidate.

### SCHEDULING AN EXAMINATION

After you have received notification of your eligibility from CDR, and about one month before the examination dates, you may schedule an examination appointment by one of the following methods. Be prepared to confirm a date and location for testing and to provide your Social Security number as your unique identification number.

1. **Schedule Online:** The candidate may schedule an examination appointment online at any time by using our Online Application/Scheduling service at [www.goAMP.com](http://www.goAMP.com). To use this service on our website, follow these easy steps:

- Go to [www.goAMP.com](http://www.goAMP.com) and select "Candidates."
- Follow the simple, step-by-step instructions to choose your examination program and register for the examination.

OR

2. **Telephone Scheduling:** Call AMP at 888-519-9901 to schedule an examination appointment. This toll-free number is answered from 7:00 a.m. to 7:00 p.m. (Central Time) Monday through Thursday, 7:00 a.m. to 5:00 p.m. on Friday and 8:30 a.m. to 5:00 p.m. on Saturday.

If special accommodations are being requested, please submit the Request for Special Examination Accommodations form included on page 11 prior to contacting AMP at 1-888-519-9901 to schedule your examination.

The examinations are administered by appointment only Monday through Saturday at 9:00 a.m. and 1:30 p.m. Individuals are scheduled on a first-come, first-served basis. Refer to the chart below.

| If AMP is called by 3:00 p.m. Central Time on... | Depending on availability, your examination may be scheduled as early as... |
|--|---|
| Monday   | Wednesday   |
| Tuesday  | Thursday  |
| Wednesday  | Friday/Saturday   |
| Thursday   | Monday  |
| Thursday   | Tuesday   |

When the appointment is made, the applicant will be given a time to report to the Assessment Center. Please make a note of it since an admission letter will not be sent. The applicant will only be allowed to take the examination for which the appointment has been made. No changes in examination type will be made at the Assessment Center. **UNSCHEDULED CANDIDATES (WALK-INS) WILL NOT BE ADMITTED** to the Assessment Center.

### ASSESSMENT CENTER LOCATIONS

Examinations are administered by computer at over 150 AMP Assessment Centers geographically distributed throughout the United States. Assessment Centers are typically located in H&R Block offices. Assessment Center locations, detailed maps and directions are available on AMP's website, [www.goAMP.com](http://www.goAMP.com). Specific address information will be provided when a candidate schedules an examination appointment.

### HOLIDAYS

The examinations are not offered on the following holidays:

- New Year's Day
- Martin Luther King Day

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Presidents' Day  
 Good Friday  
 Memorial Day  
 Independence Day (July 4)  
 Labor Day  
 Columbus Day  
 Veterans' Day  
 Thanksgiving Day (and the following Friday)  
 Christmas Eve Day  
 Christmas Day  
 New Year's Eve Day

### ■ SPECIAL ARRANGEMENTS FOR CANDIDATES WITH DISABILITIES

AMP complies with the Americans with Disabilities Act and strives to ensure that no individual with a disability is deprived of the opportunity to take the examination solely by reason of that disability. AMP will provide reasonable accommodations for candidates with disabilities. Candidates requesting special accommodations must call AMP at 1-888-519-9901 to schedule their examination.

1. Wheelchair access is available at all established Assessment Centers. Candidates must advise AMP at the time of scheduling that wheelchair access is necessary.
2. Candidates with visual, sensory or physical disabilities that would prevent them from taking the examination under standard conditions may request special accommodations and arrangements.

Verification of the disability and a statement of the specific type of assistance needed must be made in writing to AMP using the form on page 11 at least 45 calendar days prior to your desired examination date. Please inform AMP of your need for special accommodations when scheduling your examination time.

### ■ TELECOMMUNICATION DEVICES FOR THE DEAF

AMP is equipped with Telecommunication Devices for the Deaf (TDD) to assist deaf and hearing-impaired candidates. TDD calling is available 8:30 a.m. to 5:00 p.m. (Central Time) Monday-Friday at 913/895-4637. This TDD phone option is for individuals equipped with compatible TDD machinery.

### ■ EXAMINATION APPOINTMENT CHANGES/FAILURE TO REPORT OR TO SCHEDULE AN EXAMINATION

1. A candidate may reschedule an appointment for examination at no charge once by calling amp at 1-888-519-9901 at least two business days prior to the scheduled testing session. (See table below.)

| If your examination is scheduled on... | Your must call AMP by 3:00 p.m. Central Time to change your appointment by the previous... |
|--|--|
| Monday                                 | Wednesday  |
| Tuesday                                | Thursday   |
| Wednesday                              | Friday   |
| Thursday                               | Monday   |
| Friday                                 | Tuesday  |

2. A candidate who does not schedule his/her examination appointment during the current test administration window may have their application and examination fee transferred to the next test administration free of charge by contacting CDR at 800/877-1600, ext. 4705. Candidate's eligibility and examination fee will only extend one test administration window.
3. A candidate who does not schedule his/her examination appointment after confirmation of eligibility may request a full refund if you do not wish to test during the current or subsequent test administration window. Requests for refunds must be made in writing and mailed, faxed or e-mailed to CDR. If you wish to take the examination again, you will need to resubmit an application and examination fee.
4. A candidate who wishes to reschedule his/her examination appointment, but fails to contact AMP **at least two business days** prior to the scheduled testing session will be required to pay a \$85 fee to reschedule the examination. The fee applies even if the candidate waits until the next test administration window to reschedule their examination appointment. In order to reschedule your examination appointment, you will need to contact CDR at 800/877-1600, ext. 4705. Note that your examination eligibility will expire after the next test administration window.

### ■ INCLEMENT WEATHER, POWER FAILURE OR EMERGENCY

In the event of inclement weather or unforeseen emergencies on the day of an examination, AMP will determine whether circumstances warrant the cancellation, and subsequent rescheduling, of an examination. The examination will usually not be rescheduled if the Assessment Center personnel are able to open the Assessment Center. If power to an Assessment Center is temporarily interrupted during an administration, your examination will restart where you left off and you may continue the examination.

Candidates may contact AMP's Weather Hotline at 800/380-5416 (24 hours/day) prior to the examination to determine if AMP has been advised that any Assessment Centers are closed. Every attempt is made to administer the examination as scheduled; however, should an examination be canceled at an Assessment Center, all scheduled candidates will receive notification following the examination regarding rescheduling or reapplication procedures.

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### ■ ON THE DAY OF YOUR EXAMINATION

On the day of your examination appointment, report to the Assessment Center no later than your scheduled testing time. Once you enter the H&R Block office, look for the signs indicating AMP Assessment Center check-in. A CANDIDATE WHO ARRIVES MORE THAN 15 MINUTES AFTER THE SCHEDULED TESTING TIME WILL NOT BE ADMITTED.

To gain admission to the Assessment Center, a candidate needs to present two forms of identification, one with a current photograph. Both forms of identification must be current and include the candidate's current name and signature. The candidate will also be required to sign a roster for verification of identity.

Acceptable forms of identification include a current:

1. Driver's license with photograph
2. State identification card with photograph
3. Passport
4. Military identification card with photograph
5. Social security card (secondary form)

Employment ID cards, student ID cards and any type of temporary identification are **NOT** acceptable as primary identification. Candidates are prohibited from misrepresenting their identities or falsifying information to obtain admission to the Assessment Center.

### ■ Security

CDR and AMP maintain examination administration and security standards that are designed to assure that all candidates are provided the same opportunity to demonstrate their abilities. The Assessment Center is continuously monitored by audio and video surveillance equipment for security purposes.

The following security procedures apply during the examination:

- Examinations are proprietary. No cameras, notes, tape recorders, Personal Digital Assistants (PDAs), pagers or cellular phones are allowed in the testing room.
- Use of a silent, nonprogrammable, solar-powered calculator without paper tape-printing capability or alphabetic keypad is permitted during testing. Use of a computer or a Personal Digital Assistant (PDA) is not permitted. Calculators will be checked for conformance with this regulation before candidates are allowed admission to the Assessment Center or testing room. Calculators that do not conform to these specifications are not permitted in the Assessment Center or testing room.
- No guests, visitors or family members are allowed in the testing room or reception areas.
- No personal items, valuables, or weapons are allowed in the Assessment Center. Only keys and wallets may be taken into the testing room and AMP is not responsible for items left in the reception area.

### ■ Examination Restrictions

- No personal belongings will be allowed in the Assessment Center. Pencils will be provided during check-in. Use of a cellular phone or other electronic devices is strictly prohibited and will result in dismissal from the examination.
- You will be provided with scratch paper to use during the examination. You must sign and return the scratch paper to the supervisor at the completion of testing, or you will not receive a score report. No documents or notes of any kind may be removed from the examination room. If you need a second piece of scratch paper, you need to ask the test proctor for another piece of paper and turn in the one you used before.
- No questions concerning the content of the examination may be asked during the examination.
- Eating, drinking or smoking will not be permitted in the Assessment Center.
- You may take a break whenever you wish, but you will not be allowed additional time to make up for time lost during breaks.

### ■ Misconduct

Individuals who engage in any of the following conduct may be dismissed from the examination, their scores will not be reported and examination fees will not be refunded. Examples of misconduct are when a candidate:

- creates a disturbance, is abusive, or otherwise uncooperative;
- displays and/or uses electronic communications equipment such as pagers, cellular phones, PDAs;
- gives or receives help or is suspected of doing so;
- attempts to record examination questions or make notes;
- attempts to take the examination for someone else; or
- is observed with notes, books or other aids.

### ■ Copyrighted Examination Questions

All examination questions are the copyrighted property of CDR. It is forbidden under federal copyright law to copy, reproduce, record, distribute or display these examination questions by any means, in whole or in part. Doing so may subject you to severe civil and criminal penalties.

### ■ Examination Content

The examination consists of 150 multiple-choice questions (130 questions scored questions and 20 pretest questions), and is constructed using approximately the number of items in the chart below. Pretesting is done to see how well items perform before they are used in the scored portion of the examination. The pretest questions cannot be distinguished from those that will be scored, so it is important that all questions are answered to the best of your ability. Candidates will have 3 hours to complete the examination.

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| <b>CDR Sports Dietetics<br/>Detailed Content Outline<br/>(2005 version, based on 130 items)</b>   | <b>Recall</b> | <b>Applications</b> | <b>Analysis</b> | <b>Total # of Questions</b> |
|---|---------------|---------------------|-----------------|-----------------------------|
| <b>1. ENERGY METABOLISM AND WEIGHT MANAGEMENT</b>   | <b>6</b>      | <b>18</b>           | <b>6</b>        | <b>30</b>                   |
| A. Energy Metabolism  | 3             | 9                   | 3               | 15                          |
| 1. Apply energy metabolism to the design of nutrition strategies for active individuals and populations   |               |                     |                 |                             |
| 2. Explain how energy is stored in skeletal muscle and other tissues  |               |                     |                 |                             |
| 3. Describe oxygen transport in exercise and training (e.g., respiratory and cardiovascular response to exercise)                                       |               |                     |                 |                             |
| 4. Evaluate factors influencing substrate use and exercise metabolism (e.g., intensity, duration, frequency, nutrition, training status, gender)        |               |                     |                 |                             |
| 5. Evaluate factors that contribute to exercise-induced fatigue   |               |                     |                 |                             |
| B. Energy Balance and Weight Management   | 3             | 9                   | 3               | 15                          |
| 1. Describe energy balance (energy intake and expenditure) in active individuals and populations  |               |                     |                 |                             |
| 2. Design weight loss strategies for active individuals and populations   |               |                     |                 |                             |
| 3. Design weight loss strategies for specific sports (e.g., wrestling, gymnastics, crew, boxing, diving)  |               |                     |                 |                             |
| 4. Design weight maintenance strategies for exercise and training   |               |                     |                 |                             |
| 5. Design nutrition strategies for gaining weight, lean mass and strength   |               |                     |                 |                             |
| 6. Evaluate the role of aerobic training and strength training in management of body weight   |               |                     |                 |                             |
| 7. Evaluate the efficacy of popular diets for training and performance  |               |                     |                 |                             |
| <b>2. MACRONUTRIENTS AND MICRONUTRIENTS OF ACTIVE INDIVIDUALS AND POPULATIONS</b>   | <b>8</b>      | <b>18</b>           | <b>6</b>        | <b>32</b>                   |
| A. Carbohydrate   | 2             | 6                   | 2               | 10                          |
| 1. Explain the use of carbohydrates during exercise training, competition and recovery  |               |                     |                 |                             |
| 2. Design nutrition plans for individuals and groups incorporating exercise-specific recommendations for carbohydrates                                  |               |                     |                 |                             |
| 3. Evaluate special issues related to carbohydrates (e.g., Glycemic index, low carbohydrate diets, carbohydrate loading, sports drinks, gels)           |               |                     |                 |                             |
| B. Fat  | 1             | 4                   | 1               | 6                           |
| 1. Explain the use of fat during exercise training, competition and recovery  |               |                     |                 |                             |
| 2. Design nutrition plans for individuals and groups incorporating recommendations for fat  |               |                     |                 |                             |
| 3. Evaluate special issues related to fat intake, fat storage, and health (e.g., omega-3, trans fats, high/low fat diets)                               |               |                     |                 |                             |
| C. Protein  | 2             | 6                   | 2               | 10                          |
| 1. Explain the use of protein and amino acids during exercise training, competition and recovery  |               |                     |                 |                             |
| 2. Design nutrition plans for individuals and groups incorporating exercise-specific recommendations for protein  |               |                     |                 |                             |
| 3. Evaluate special issues related to protein (e.g., protein and amino acid supplements, potential side effects of excessive/inadequate protein intake) |               |                     |                 |                             |
| D. Vitamins, Minerals, and Antioxidants   | 3             | 2                   | 1               | 6                           |
| 1. Describe vitamin and mineral requirements for training and exercise  |               |                     |                 |                             |
| 2. Evaluate effects of inadequate vitamin and mineral status on performance (iron, calcium, zinc, B vitamins, etc.)                                     |               |                     |                 |                             |
| 3. Describe the potential risks of excessive vitamin and mineral supplementation  |               |                     |                 |                             |
| 4. Describe antioxidant function in relation to exercise, recovery, and long-term training adaptations  |               |                     |                 |                             |
| 5. Describe the efficacy of vitamin and mineral supplementation on exercise performance and health  |               |                     |                 |                             |

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|--|---------------|---------------------|-----------------|-----------------------------|
| <b>3. NUTRITION ASSESSMENT</b>   | <b>2</b>      | <b>6</b>            | <b>2</b>        | <b>10</b>                   |
| <ul style="list-style-type: none"> <li>A. Conduct nutritional assessment for active individuals and populations</li> <li>B. Evaluate nutritional status for active individuals and populations (e.g., dietary intake, physical assessment, medical and health history, biochemical analysis, anthropometric measurement)</li> <li>C. Conduct body composition assessments</li> <li>D. Evaluate body composition</li> <li>E. Estimate total energy expenditure in active individuals and populations</li> <li>F. Describe the effects of nutrition and exercise on immune function</li> <li>G. Program Design</li> </ul>  |               |                     |                 |                             |
| <b>4. TRAINING, COMPETITION AND RECOVERY</b>   | <b>7</b>      | <b>24</b>           | <b>7</b>        | <b>38</b>                   |
| <ul style="list-style-type: none"> <li>A. Hydration               <ul style="list-style-type: none"> <li>1. Evaluate fluid and electrolyte balance in training and performance</li> <li>2. Evaluate the effects of dehydration, hyperthermia, and hypothermia on training and performance</li> <li>3. Discuss the risks of hyponatremia on training and performance</li> <li>4. Design strategies for maintaining hydration and electrolyte balance before, during, and after exercise</li> <li>5. Evaluate beverages for training and exercise</li> <li>6. Evaluate the effects of environmental considerations on hydration status (e.g., heat, cold, altitude)</li> <li>7. Evaluate special issues in hydration status (e.g., salt tablets, alcohol, caffeine, pickle juice, glycerol)</li> </ul> </li> <li>B. Training, Competition and Recovery               <p><b><i>Design nutrition strategies for individuals and/or groups...</i></b></p> <ul style="list-style-type: none"> <li>1. for pre-workout and pre-competition</li> <li>2. during training and competition</li> <li>3. to delay fatigue during and following training and competition</li> <li>4. for recovery and regeneration following training and competition</li> <li>5. to accommodate special situations regarding food/fluid timing</li> <li>6. for eating on the road and traveling by athletes</li> <li>7. for recovery from sports injuries or overtraining</li> <li>8. for grocery shopping and meal and snack preparation</li> </ul> </li> <li>C. Dietary Supplements               <ul style="list-style-type: none"> <li>1. Evaluate dietary supplementation practices of athletes</li> <li>2. Evaluate supplements and ergogenic aids using evidence-based analyses (e.g., effectiveness, quality control, safety, and legality)</li> <li>3. Advise clients regarding supplements and ergogenic aids using evidence-based analyses (e.g., effectiveness, quality control, safety, and legality)</li> <li>4. Advise clients on the ethical use of supplements and ergogenic aids</li> <li>5. Evaluate drug, supplement, and nutrient interactions</li> </ul> </li> </ul> | 2             | 8                   | 2               | 12                          |
|  | 4             | 12                  | 4               | 20                          |
|  | 1             | 4                   | 1               | 6                           |
| <b>5. DISORDERED EATING AND BODY IMAGE</b>   | <b>2</b>      | <b>6</b>            | <b>2</b>        | <b>10</b>                   |
| <ul style="list-style-type: none"> <li>A. Describe clinical and sub-clinical eating disorders</li> <li>B. Describe impacts of disordered eating on training and performance</li> <li>C. Identify risk factors associated with distorted body image</li> <li>D. Identify risk factors associated with disordered eating</li> <li>E. Develop nutrition strategies for the treatment of disordered eating</li> </ul>  |               |                     |                 |                             |

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|---|---------------|---------------------|-----------------|-----------------------------|
| F. Refer individuals to other professionals when appropriate<br>G. Participate as a member of an evaluation and treatment team  |               |                     |                 |                             |
| <b>6. NUTRITION FOR SPECIAL POPULATIONS</b><br><i>Design nutrition strategies for...</i>  | <b>2</b>      | <b>6</b>            | <b>2</b>        | <b>10</b>                   |
| A. reducing risk for chronic diseases among active individuals  |               |                     |                 |                             |
| B. active individuals exhibiting signs/symptoms of the female athlete triad (disordered eating, amenorrhea, bone mineral loss)  |               |                     |                 |                             |
| C. active individuals who are vegetarians   |               |                     |                 |                             |
| D. active individuals with acute or chronic illness and/or injury (e.g., gastrointestinal disorders, type 1 and 2 diabetes, cardiovascular disorders, stress fractures, post-surgery) |               |                     |                 |                             |
| E. active children, adolescents, and young adults   |               |                     |                 |                             |
| F. active older adults  |               |                     |                 |                             |
| <b>TOTAL ITEMS</b>  | <b>27</b>     | <b>78</b>           | <b>25</b>       | <b>130</b>                  |

### ■ Sample Examination Questions

1. 1B, task 7, Application  
Popular reduced-carbohydrate diets offer the MOST potential benefit to exercisers who have
  - A. Type I diabetes.
  - B. elevated triglycerides.
  - C. a low waist-hip ratio.
  - D. a high  $VO_{2max}$ .
  
2. 2A, task 1, Application  
Which of the following is the reason athletes consume high-glycemic index foods immediately following an endurance exercise session?
  - A. increase the rate of muscle glycogen resynthesis
  - B. produce ATP in large quantities
  - C. increase carbohydrate deposition in type IV muscle fibers
  - D. prevent the athlete from becoming fatigued
  
3. 1B, task 1, Recall  
Resting energy expenditure (REE) of an athlete
  - A. increases with age in an individual who is weight-stable.
  - B. is used to determine  $VO_{2max}$ .
  - C. can be calculated using an individual's fat-free mass.
  - D. represents daily energy intake.
  
4. 2D, task 2, Application  
A 153-lb (69-kg), 5' 9", 17-year-old competitive rower is experiencing fatigue during training and is unable to complete her usual training sessions. Her hemoglobin level is 11 grams per deciliter and red blood cell count is  $3.80 \times 10^6/UL$ . Her favorite foods are salads, veggie burgers, pancakes, and stir-fried vegetables. In addition to obtaining a dietary analysis, which of the following laboratory tests should the sports dietitian obtain to evaluate total body iron stores?
  - A. serum iron
  - B. total iron-binding capacity
  - C. hematocrit
  - D. serum ferritin
  
5. 4B, task 2, Application  
An analysis of a 5' 11", 275-lb (125-kg) fullback's diet indicates he consumes about 7000 kcals/day. Football training camp starts soon and his coach expects him to lose 10 lb by the start of the season. The player is convinced he needs a high-protein diet. Daily protein intake from food is 375 g plus a protein shake that provides 42 g protein. Which of the following will BEST help the athlete safely achieve his goal?
  - A. Protein intake is high, increasing the need for B vitamins; recommend a multi-vitamin.
  - B. Protein intake is high, increasing urine output; recommend additional fluid intake.
  - C. Protein intake is low; recommend 40-30-40 blend of total calories.
  - D. Protein intake is low; recommend adding 24-48 g whey protein each day.

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6. 4A, task 4, Analysis  
A basketball player weighed 174 lb (79.1 kg) before and 172 lb (78.2 kg) after his 1.5 hour practice. He consumed a 20 oz (600 mL) bottle of fluid during practice. Which of the following is the MOST appropriate hydration schedule for the athlete to follow to replace his sweat losses during practice?
- A. Consume 4.6 oz (138 mL) every 15 minutes
  - B. Consume 6.6 oz (198 mL) every 15 minutes
  - C. Consume 8.6 oz (258 mL) every 15 minutes
  - D. Consume 10.6 oz (318 mL) every 15 minutes

| ANSWERS |      |
|---------|------|
| 1. B    | 4. D |
| 2. A    | 5. B |
| 3. C    | 6. C |

### ■ Practice Examination

After your identification has been confirmed, you will be directed to a testing carrel. You will be instructed on-screen to enter your Social Security number. You will take your photograph which will remain on screen throughout your examination session. This photograph will also print on your score report.

Prior to attempting the examination, you will be given the opportunity to practice taking an examination on the computer. The time you use for this practice examination is NOT counted as part of your examination time or score. When you are comfortable with the computer testing process, you may quit the practice session and begin the timed examination. Please note, that this practice examination is to help you become familiar with the computerized examination format, it is possible that the problems will not be nutrition related.

### ■ Timed Examination

Following the practice examination, you will begin the timed examination. Before beginning, instructions for taking the examination are provided on-screen.

The computer monitors the time you spend on the examination. The examination will terminate if you exceed the time allowed. You may click on the "Time" box in the lower right-hand corner of the screen or select the Time key to monitor your time. A digital clock indicates the time remaining for you to complete the examination. The Time feature may be turned off during the examination.

Only one examination question is presented at a time. The question number appears in the lower right hand corner of the screen. Choices of answers to the examination question are identified as A, B, C, or D. You must indicate your choice by either typing in the letter in the response box in the lower left hand of the computer screen or clicking in the option using the mouse.

To change your answer, enter a different option by pressing the A, B, C, or D key or by clicking on the option using the mouse. You may change your answer as many times as you wish during the examination time limit.

To move to the next question, click on the forward arrow (>) in the lower right portion of the screen or select the NEXT key. This action will move you forward through the examination question by question. If you wish to review any question or questions, click the backward arrow (<) or use the left arrow key to move backward through the examination.

An examination question may be left unanswered for return later in the examination session. Questions may also be bookmarked for later review by clicking in the blank square to the right of the Time button. Click on the hand icon or select the NEXT key to advance to the next unanswered or bookmarked question on the examination. To identify all unanswered and bookmarked questions, repeatedly click on the hand icon or press the NEXT key. When the examination is completed, the number of examination questions answered is reported. If not all questions have been answered and there is time remaining, return to the examination and answer those questions. Be sure to provide an answer for each examination question before ending the examination. There is no penalty for guessing.

### ■ Candidate Comments

During the examination, online comments may be provided for any question by clicking on the button displaying an exclamation point (!) to the left of the Time button. This opens a dialogue box where comments may be entered. Comments will be reviewed, but individual responses will not be provided. Once you leave the test center, if you still have comments you may forward written comments to CDR at [specialists@eatright.org](mailto:specialists@eatright.org). All comments sent to CDR should be to the attention of Specialty Certification and sent to CDR no later than five business days after the close of the examination window. Please note that the appeal process is different.

### ■ FOLLOWING THE EXAMINATION

After completing the examination, candidates are asked to complete a short evaluation of their examination experience. Candidates are then instructed to report to the examination proctor to receive their examination completion report. Score reports will be mailed to candidates approximately 6-8 weeks following the last date of the examination window. Scores are reported in written form only. Scores are not reported over the telephone, by electronic mail, or by facsimile.

### ■ Pass/Fail Score Determination

The methodology used to set the minimum passing score is the Angoff method, based upon data gathered during the performance of a Passing Point Study by a panel of experts in the field. The experts evaluated each question on the examination to determine how many correct answers are

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necessary to demonstrate the knowledge and skills required to pass this examination portion. Your ability to pass the examination depends on the knowledge and skill you display, not on the performance of other candidates.

Passing scores may vary slightly for each version of the examination to accommodate for variances in examination difficulty. To ensure fairness to all candidates, a process of statistical equating is used. Slight variations in difficulty level are addressed by adjusting the passing score up or down, depending on the overall difficulty level statistics for the group of scored questions that appear on a particular version of the examination.

### ■ Quality Control/Scoring

Before the final scores are released to the candidate, each examination undergoes quality control checks. A thorough item analysis is completed and is used a part of the statistical review of the performance of the examination. CDR, AMP and subject matter experts (SME's) review examination data and candidate comments. All these materials are reviewed during a key validation meeting with SME's to ensure that the scoring of the questions is appropriate.

### ■ Scores Cancelled by the Client or AMP

CDR and AMP are responsible for the validity and integrity of the scores they report. On occasion, occurrences, such as computer malfunction or misconduct by a candidate, may cause a score to be suspect. CDR and AMP reserve the right to void or withhold examination results if, upon investigation, violation of its regulations is discovered.

### ■ If You Pass the Examination

All candidates who pass the examination will receive a certification and orientation materials with their score report.

### ■ Re-establishing Examination Eligibility

A candidate who fails the examination must request an eligibility application for the Board Certification as a Specialist in Sports Nutrition from the Commission on Dietetics Registration.

Commission on Dietetic Registration  
Phone: 800/877-1600, ext. 4705  
E-mail: [specialists@eatright.org](mailto:specialists@eatright.org)

### ■ Failing to Report for an Examination

A candidate who fails to report for an examination forfeits the registration and all fees paid to take the examination. A completed application form and examination fee are required to reapply for examination.

### ■ Duplicate Score Report

Candidates may purchase additional copies of their results at a cost of \$25 per copy. Requests must be submitted to CDR, in writing. The request must include the candidate's name, Social Security number, mailing address, telephone number, date of examination and examination taken. Submit this information with the required fee payable to CDR in the form of a check, money order or cashier's check. Duplicate score reports will be mailed within approximately two weeks after receipt of the request and fee.

### ■ Appeals Process

The appeals process provides candidates with means by which their concerns about the content, process or results of assessment can be reviewed and resolved. There is no charge for specialty appeals. Requests for appeals of adverse decisions are evaluated by the Specialty Certification Panel of the Commission on Dietetic Registration. The applicant must submit a written petition within 14 calendar days after receipt of the decision. Letters must include your request, any necessary documentation, daytime phone number and your registration number. Appeal letters should be sent to:

Commission on Dietetic Registration  
120 South Riverside Plaza, Suite 2000  
Chicago, IL 60606-6995  
Attn: Specialty Certification

### ■ Recertification

At the end of the specialist five-year certification period, specialists who wish to recertify must be a current Registered Dietitian with CDR and:

- Successfully complete an eligibility application – including the required minimum number of specialty practice hours
- Successfully complete a specialty examination
- Submit an application fee

The reasoning for requiring recertification testing is that the Specialty Board Certification is a practice credential, a credential that represents to the public that the certificant possesses the knowledge, skills and experience to function effectively as a specialist in that area. The nature of the knowledge and skills to practice at a specialty level is subject to change due to technological and scientific advances. Recertification testing helps to provide continuing assurance that the certified specialist has indeed maintained their knowledge in the specialty area.

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Dunford M. Sports Nutrition: A Practice Manual for Professionals. 4<sup>th</sup> ed. Chicago, Ill: SCAN Dietetic Practice Group, The American Dietetic Association; 2006. ISBN: 0880914114

McArdle WD, Katch FI, and Katch VL. Sports & Exercise Nutrition, 2<sup>nd</sup> ed. Baltimore, MD: Lippincott Williams & Wilkins, 2005. ISBN: 078174993X

Williams M. Nutrition for Health, Fitness and Sport. 8<sup>th</sup> ed. New York, NY: McGraw-Hill; 2006. ISBN: 007327058

#### Exercise Physiology References

Brooks GA, Fahey TD, Baldwin KM. Exercise Physiology: Human Bioenergetics and Its Applications, 4<sup>th</sup> ed. New York, NY: McGraw-Hill; 2005. ISBN: 0072556420

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#### References for Professionals Who Work With Athletes

Sawka MN, Burke L, Eichner R, Maughan RJ, Montain SJ, Stachenfeld N. American College of Sports Medicine exercise and fluid replacement position stand. Medicine and Science in Sports and Exercise. 2007; 377-390. <http://www.acsm-msse.org/pt/pt-core/template-journal/msse/media/0207.pdf>

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#### References for Specific Sports Related Topics

Bahrke MS and Yesalis CE (eds). Performance Enhancing Substances in Sport and Exercise. Champaign, Ill: Human Kinetics, 2002. ISBN: 0736036792

Beals KA. Disordered Eating Among Athletes A Comprehensive Guide for Health Professionals. Champaign, Ill: Human Kinetics, 2004. ISBN: 0736042199

Heymsfeld SB, Lohman TG, Wang Z and Going S. Human Body Composition. 2<sup>nd</sup> ed. Champaign, Ill: Human Kinetics, 2005. ISBN: 9780736046558.

Sarubin-Fragakis A. The Health Professional's Guide to Popular Dietary Supplements, 3<sup>rd</sup> ed. Chicago, Ill: American Dietetic Association, 2006. ISBN: 9780880913638

\*references are updated twice a year.

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**BOARD CERTIFIED SPECIALISTS IN SPORTS DIETETICS**



## REQUEST FOR SPECIAL EXAMINATION ACCOMMODATIONS

If you have a disability covered by the Americans with Disabilities Act, please complete this form and the Documentation of Disability-related Needs on the reverse side so your accommodations for testing can be processed efficiently. The information you provide and any documentation regarding your disability and your need for accommodation in testing will be treated with strict confidentiality.

### APPLICANT INFORMATION

Social Security # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

|                          |            |                |
|--------------------------|------------|----------------|
| Last Name                | First Name | Middle Name    |
| Address                  |            |                |
| City                     | State      | Zip Code       |
| Daytime Telephone Number | Fax Number | E-mail Address |

### SPECIAL ACCOMMODATIONS

I request special accommodations for the \_\_\_\_\_ examination.

Please provide (check all that apply):

- Special seating or other physical accommodation
- Reader
- Extended examination time (time and a half)
- Distraction free room
- Other special accommodations (please specify)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Description of Disability: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Return this form to: Commission on Dietetic Registration,  
120 South Riverside Plaza, Suite 2000, Chicago, Illinois 60606-6995, 800/877-1600 ext. 5500.**



## DOCUMENTATION OF DISABILITY-RELATED NEEDS

Please have this section completed by an appropriate professional (**education professional, physician, psychologist, psychiatrist**) to ensure that AMP is able to provide the required examination accommodations.

### PROFESSIONAL DOCUMENTATION

I have known \_\_\_\_\_ since \_\_\_\_ / \_\_\_\_ / \_\_\_\_ in my capacity as a  
Examination Applicant Date

Professional Title

The applicant discussed with me the nature of the examination administered. It is my opinion that because of this applicant's disability described below, he/she should be accommodated by providing the special arrangements listed on the reverse side.

Description of Disability: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed: \_\_\_\_\_ Title: \_\_\_\_\_

Date: \_\_\_\_\_ License # (if applicable): \_\_\_\_\_

**Return this form to: Commission on Dietetic Registration,  
120 South Riverside Plaza, Suite 2000, Chicago, Illinois 60606-6995, 800/877-1600 ext. 5500.**