CSSD Examination Content Outline

1	**Exercise and Performance Nutrition**	**56**
A	Energy Metabolism	
1	Nutrient Digestion, Absorption, Interactions, and Transport	
2	Energy Storage	
3	Energy Pathways and Substrate Utilization	
4	Energy Metabolism Cofactors (e.g., micronutrients)	
5	Training Adaptations	
B	Fueling for Training and Competition	
1	Individualized Nutrition Plans	
2	Sport Specific Nutrition Strategies and Behaviors	
3	Nutrient Recommendations and Timing	
C	Hydration for Training and Competition	
1	Hydration Status Evaluation	
2	Sweat Rate and Concentration Assessment	
3	Individualized Hydration Plans	
4	Environmental Conditions and External Factors	
5	Fluid and Electrolyte Balance	
D	Sports Foods and Dietary Supplements	
1	Ergogenic Effects	
2	Potential Risks	
3	Indications and Contraindications	
4	Supplement Safety and Compliance	
2	**Clinical Sports Nutrition**	**49**
A	Energy Balance and Availability	
1	Energy and Nutrient Intake Assessment	
2	Energy Expenditure Assessment	
3	Individual Nutrition Strategies	
B	Weight Management	
1	Body Composition Assessment and Management	
2	Weight Management/Modification Strategies and Techniques	
3	Diet Efficacy and Safety	
C	Special Populations*	
1	Nutrition Assessment, Considerations, and Strategies	
2	Physiological Considerations	
3	Medical Conditions and Status	
4	Injury Recovery Considerations and Strategies	
5	Dietary Lifestyle and Environment	

D	Disordered Eating	
1	Education and Prevention	
2	Screening and Assessment	
3	Collaborative Treatment Plans	
4	Individual Counselling and Monitoring	
3	**Nutrition Operations and Resource Management**	**20**
A	Multidisciplinary Collaboration	
1	Multidisciplinary Teams/Departments	
2	Intervention and Education Strategies	
3	Resources and Referrals	
B	Food and Beverage Management	
1	Meal Planning, Menus, and Catering	
2	Travel Considerations	
C	Nutrition Administration	
1	Department/Facility Design and Management	
2	Resources, Budget, Supply Chain, and Logistics	
3	Education Programs	
4	Outcomes and Metrics	

Secondary Classifications – Tasks

1. Conduct nutrition assessments for active individuals, groups, and special populations* to determine nutrition status.
2. Conduct and interpret body composition assessments on active individuals, groups, and special populations.
3. Develop appropriate body composition goals with active individuals, groups, and special populations to guide interventions.
4. Incorporate active individual's current health state, including existing conditions, as a consideration for nutrition strategies and plans.
5. Design nutrition strategies for active individuals and/or groups for recovery from sports injuries or overtraining.
6. Estimate total energy expenditure in active individuals and special populations.
7. Evaluate the efficacy and safety of diets/eating patterns for weight management, health, and performance.
8. Evaluate the role of physical activity and exercise training in weight management.
9. Analyze and interpret data/literature in the context of enhancing athletic performance and health.
10. Assess fluid and electrolyte balance in training, performance, and recovery.
11. Design nutrition strategies/plans for active individuals, groups, and populations groups in training, performance, and recovery.
12. Design nutrition strategies for active individuals and/or groups with food allergies, sensitivities, and intolerances.
13. Design nutrition strategies for active individuals and/or groups with special dietary needs/lifestyles, such as vegetarian/vegan.
14. Design nutrition strategies to address gastro-intestinal distress or symptoms.
15. Design nutrition strategies for maintaining and/or modifying weight, lean mass, and strength for active individuals, specific sports, and populations.
16. Assess energy balance (energy intake and expenditure) in active individuals and special populations.
17. Develop individualized meal plans and menus.
18. Determine how gender influences nutrition assessment requirements and programming/recommendations.
19. Design nutrition strategies for individuals and/or groups for grocery shopping and meal/snack preparation/selection.
20. Provide evidence-based performance nutrition education, tactics, and strategies to individuals, coaches, and/or teams.
21. Evaluate effects of vitamin and mineral intake/status on health and performance.
22. Evaluate factors that contribute to hormonal/endocrine changes.
23. Assess and evaluate clinical lab values and biomarkers as they effect health and performance.

24. Describe the effects of vitamin and mineral supplementation, including the potential risks of excessive intake on health and performance.
25. Evaluate and educate on dietary supplements, beverages, and ergogenic aids using evidence-based analyses for training, performance, hydration, and recovery.
26. Assess nutrition status and provide education and resources for those at risk of food insecurity.
27. Assess impact of food and nutrient intake on sleep.
28. Evaluate and educate on medications(e.g., prescription, over the counter), supplements, and nutrient interactions.
29. Evaluate and educate on the negative effects and risks of recreational drugs and alcohol on health and performance.
30. Evaluate and educate on the potential effects and risks of performance enhancing drugs on health and performance.
31. Describe antioxidant function in relation to exercise, recovery, and long-term training adaptations.
32. Design strategies for maintaining hydration and electrolyte balance before, during, and after exercise.
33. Observe athletes' movement patterns to assess fuelling, hydration, recovery needs to modify nutrition recommendations/strategies.
34. Identify athletes with sub-clinical disordered eating, clinical eating disorders, and related high-risk factors.
35. Contribute to collaborative interventions for and monitoring of disordered eating to guide sport participation.
36. Educate athletes, coaches, and performance team on the impact of disordered eating and eating disorders on health, training, and performance.
37. Apply behavior modification strategies and other counselling techniques.
38. Evaluate products, foods, and dietary supplements in accordance with compliance and permissibility rules of governing body.
39. Discuss the effect of hydration status on health and performance.
40. Evaluate the impact of fluid/electrolyte intake and the role of environmental conditions on training and performance during prolonged exercise.
41. Evaluate the effects of extreme environments (e.g., cold, heat, altitude) on performance and health.
42. Evaluate equipment, clothing, and/or carriage load, as it affects hydration and energy expenditure.
43. Evaluate factors that contribute to exercise-induced fatigue.
44. Evaluate and interpret factors influencing substrate use and exercise metabolism.
45. Provide nutrition education using relevant, current, and practical formats and platforms.

46. Design, track, and document measurable outcomes of performance nutrition services.
47. Contribute to program management to facilitate and encourage positive nutrition behaviors.
48. Contribute to facility design and equipment purchases (e.g., food services, body composition testing, sports science equipment).
49. Coordinate food production and distribution such as developing and managing training table menus, fueling station offerings, and catering.
50. Advise on fueling, recovery, and hydration for individuals and teams during travel(domestic and international).
51. Design nutrition assessment and education protocols (e.g., disordered eating, relative energy expenditure, TBI) as part of a multi-disciplinary team.
52. Manage department resources and budget as it effects performance nutrition services.
53. Participate as a member of a multi-disciplinary treatment team while working within scope of practice and refer individuals to other professionals as needed or requested.

*Special populations are including but not limited to aging athletes, youth, athletes of varying gender and gender identities, athletes with dietary restrictions, athletes with medical conditions.