

CANDIDATE HANDBOOK

**Commission
on Dietetic
Registration**

the credentialing agency for the
eat right. Academy of Nutrition
and Dietetics

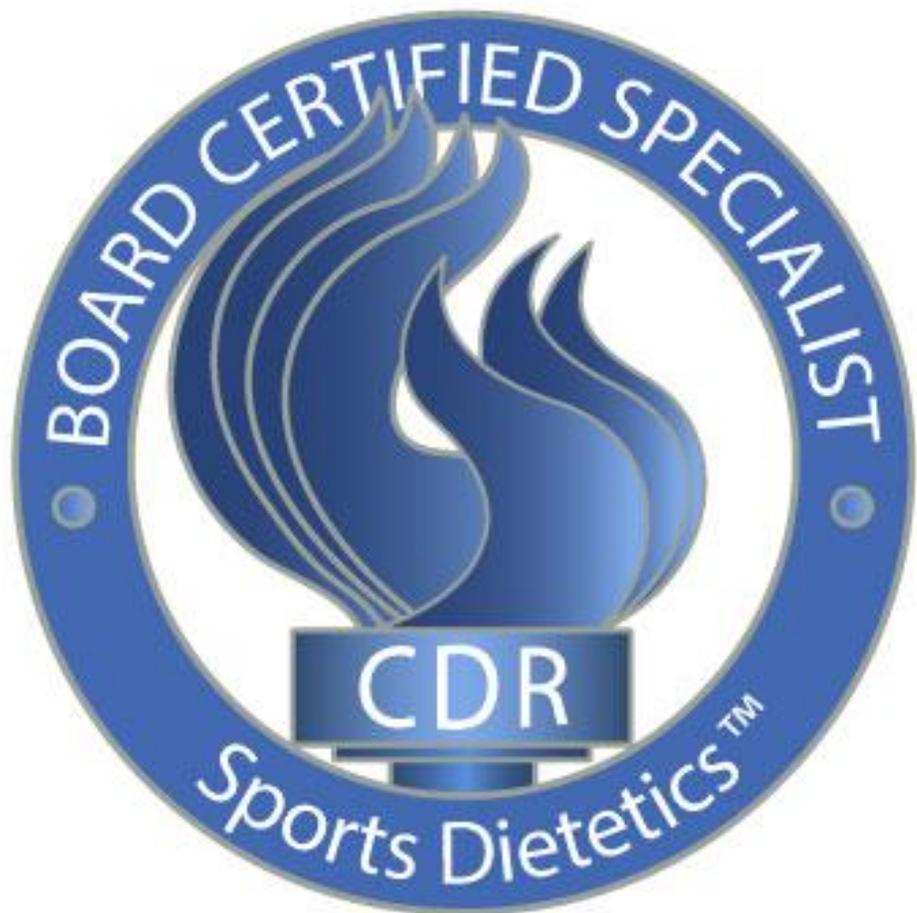


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INTRODUCTION

Specialist Board Certification for registered dietitians is offered by the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics in the areas of gerontological nutrition, oncology nutrition, pediatric nutrition, renal nutrition and sports dietetics. CDR Specialist Board Certification is granted in recognition of the applicant's documented practice experience and successful completion of a computerized examination in the specialist area. There are two examination windows for the Board Certification Specialist in Sports Dietetics, one in February and one in July. The examination consists of 160 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 currently the professional testing agency retained by CDR to assist in the development, administration, scoring, and analysis of this specialist 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 Specialist examination. Studies and reports concerning candidates will contain no information identifiable with any candidate, unless authorized by the candidate.

CDR asks that each practitioner work to maintain the integrity of the sports dietetics examination so that it can provide a quality certification—one that highlights the CSSD as a board certified specialist in sports dietetics. Thus, it is important to not discuss the examination content, questions and/or study resources. Each time examination content is discussed the exam is compromised and there is significant loss, not only in fiscal terms (cost of test development), but also in the many hours spent creating, reviewing, editing and compiling statistics for examination questions. Discussing the examination content is unethical and provides exam candidates an unfair advantage when taking the examination.

EXAMINATION APPOINTMENTS

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 unique identification number, included by CDR with your eligibility letter.

1. Schedule Online:

Follow these steps:

- Go to www.goAMP.com
- Select “Candidates”
- Select “Category”- “Healthcare”
- Select “Program”- “Commission on Dietetic Registration”
- Select “Examination” – “Specialist in Pediatric Nutrition Examination”
- Click On “Register for this Exam”
- If you have never used AMP’s online system before you will have to register as a new user by clicking on “New user?”
- After scheduling your examination appointment online you will receive an email confirmation.

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 9:00 p.m. (Central Time) Monday through Thursday, 7:00 a.m. to 7:00 p.m. on Friday and 8:30 a.m. to 5:00 p.m. on Saturday. You will not receive an e-mail confirmation if you schedule by phone.

If special accommodations are requested, please submit the Request for Special Examination Accommodations form included at the end of the Handbook prior to contacting AMP.

The examinations are administered by appointment only Monday through Friday (there may be some limited Saturday appointments available at select locations) at 9:00 a.m. and 1:30 p.m. Individuals are scheduled on a first-come, first-served basis. Refer to the following chart:

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.**

HOLIDAYS

The examinations are not offered on the following holidays:

- New Year’s Day
- Martin Luther King Day
- 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

ASSESSMENT CENTER LOCATIONS

Examinations are administered by computer at over 180 Assessment Centers geographically distributed throughout the United States. Assessment Center locations, detailed maps and directions are available on AMP's website, www.goAMP.com. Specific address information will be provided when a candidate schedules an appointment.

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.

Wheelchair access is available at all established Assessment Centers. Candidates must advise AMP at the time of scheduling that wheelchair access is necessary.

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 CDR using the form at the end of the Candidate Handbook 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.

RESCHEDULING OR CANCELING AN EXAMINATION APPOINTMENT

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...	You 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

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 sending an e-mail to specialists@eatright.org. Candidate's eligibility and examination fee will only extend one test administration window. A new application and examination fee would need to be submitted if the candidate does not take an examination after transferring once to the next test administration window.

A candidate who does not schedule his/her examination appointment after confirmation of eligibility may request a full refund if they 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 the candidate wishes to take the examination again a new application and examination fee will need to be resubmitted.

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 window to reschedule their appointment. In order to reschedule your appointment, you will need to e-mail CDR at specialists@eatright.org. Note that your examination eligibility may 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.

Candidates may visit AMP's website at www.goAMP.com 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.

If power to an Assessment Center is temporarily interrupted during an administration, your examination will be restarted. The responses provided up to the point of interruption will be intact, but for security reasons the questions will be scrambled.

EXAMINATION CONTENT

The examination consists of 160 multiple-choice questions (140 scored questions and 20 pretest questions), and is constructed using approximately the number of items indicated in the Content Outline. 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 to choose the one best answer from either three or four options provided. Candidates will have 3 hours to complete the examination.

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.

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 building, 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 ID card with photograph
3. Passport
4. Military ID card with photograph
5. Social security card (secondary form)
- 6.

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 ensure 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. Possession of a cellular phone or other electronic devices is strictly prohibited and will result in dismissal from the examination.
- Only silent, non-programmable calculators without alpha keys or printing capabilities are allowed in the testing room.
- No guests, visitors or family members are allowed in the testing room or reception areas.

PERSONAL BELONGINGS

No personal items, valuables, or weapons should be brought to the Assessment Center. Only wallets and keys are permitted. Coats must be left outside the testing room. You will be provided a soft locker to store your wallet and/or keys with you in the testing room. You will not have access to these items until after the examination is completed. Please note the following items will not be allowed in the testing room except securely locked in the soft locker:

- watches
- hats

Once you have placed everything into the soft locker, you will be asked to pull out your pockets to ensure they are empty. If all personal items will not fit in the soft locker you will not be able to test. The site will not store any personal belongings.

If any personal items are observed in the testing room after the examination is started, you will be dismissed the administration will be forfeited.

EXAMINATION RESTRICTIONS

- Pencils will be provided during check-in.
- You will be provided with one piece of scratch paper at a time to use during the examination, unless noted on the sign-in roster for a particular candidate. You must return the scratch paper to the supervisor at the completion of testing, or you will not receive your score report.
- No documents or notes of any kind may be removed from the Assessment Center.
- 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

If you engage in any of the following conduct during the examination you may be dismissed, your scores will not be reported and examination fees will not be refunded. Examples of misconduct are when you:

- create a disturbance, are abusive, or otherwise uncooperative;
- display and/or use electronic communications equipment such as pagers, cellular phones, PDAs;

- talk or participate in conversation with other examination candidates;
- give or receive help or are suspected of doing so;
- leave the Assessment Center during the administration;
- attempt to record examination questions or make notes;
- attempt to take the examination for someone else;
- are observed with personal belongings, or
- are observed with notes, books or other aids without it being noted on the roster.

COMPUTER LOGIN

After your identification has been confirmed, you will be directed to a testing carrel. You will be instructed on-screen to enter your unique identification number which was provided by CDR with the eligibility letter. You will take your photograph which will remain on screen throughout your examination session. This photograph will also print on your score report.

PRACTICE EXAMINATION

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. Also if more than one answer is required it will be indicated with the question.

CANDIDATE COMMENTS

During the examination, 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. All comments sent to CDR should be to the attention of Specialist 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 written score report.

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 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 examination is administered, each form undergoes quality control checks. A thorough item analysis is completed and is used as part of the statistical review of the performance of the examination.

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 wall certificate, specialist identification card and orientation materials about four weeks after they receive their score report.

RE-ESTABLISHING ELIGIBILITY

To take the examination again during a subsequent testing window, a new application will need to be submitted. Candidates are not allowed to retest during the same examination window.

FAILING TO ARRIVE FOR AN EXAMINATION

A candidate who fails to report for an examination forfeits the registration and all fees paid to take the examination. A new 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, registration 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

CDR's Specialist Certification Panel evaluates requests to review adverse decisions. The applicant must submit a written petition within 14 calendar days after receipt of the adverse decision. Letters must include your request, any necessary documentation to support your request, daytime phone number and your registration number. A \$20 Appeal Review Fee will be required with every appeal submitted. Appeals submitted without the \$20 fee will not

be considered. Specialist appeal letters should be sent to:

Attn: Specialist Certification
Commission on Dietetic Registration
120 S Riverside Plaza, Ste 2000
Chicago, IL 60606-6995

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:

1. Successfully complete an eligibility application – including the required minimum number of specialist practice hours
2. Submit an examination fee
3. Pass the specialist examination

The reasoning for requiring recertification testing is that the Specialist 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 specialist 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 specialist area.



Commission on Dietetic Registration

Sports Dietetics

Detailed Content Outline

I. ENERGY METABOLISM AND WEIGHT MANAGEMENT (23%)

A. Energy Metabolism

1. Design nutrition strategies for active individuals and populations applying the principles of energy metabolism
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, VO₂ max testing)
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

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 and safety of popular diets for weight management, health, and performance

II. MACRONUTRIENTS AND MICRONUTRIENTS OF ACTIVE INDIVIDUALS AND POPULATIONS (22 %)

A. Carbohydrate

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. Explain the use of fat during exercise training, competition, and recovery
2. Advise clients regarding fat consumption within a nutrition plan
3. Evaluate special issues related to fat intake, fat storage, and health (e.g., omega-3, trans fats, high/low fat diets)

C. Protein

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, animal vs. plant sources)
- D. Vitamins, Minerals, and Antioxidants
1. Describe vitamin and mineral requirements for training and exercise
 2. Evaluate effects of inadequate vitamin and mineral status on health and performance (e.g., iron, calcium, zinc, B vitamins and vitamin D)
 3. Describe the potential risks of excessive vitamin and mineral supplementation on health and performance
 4. Describe antioxidant function in relation to exercise, recovery, and long-term training adaptations
 5. Describe the efficacy of vitamin and mineral supplementation on health and performance

III. NUTRITION ASSESSMENT (10%)

- A. Conduct nutrition assessment for active individuals and populations
- B. Evaluate nutrition status for active individuals and populations (e.g., dietary intake, physical assessments, medical and health history, biochemical analyses, anthropometric measurements)
- C. Conduct body composition assessments
- D. Evaluate body composition
- E. Estimate total energy expenditure in active individuals and populations
- F. Describe the effects of nutrition and exercise on health and performance
- G. Design nutrition assessment and education protocols as part of a multi-disciplinary team

IV. TRAINING, COMPETITION, AND RECOVERY (29%)

- A. Hydration
 1. Evaluate fluid and electrolyte balance in training and performance
 2. Evaluate the effects of dehydration, over-hydration, hypothermia, and hyperthermia on training and performance
 3. Discuss the risks of hyponatremia on training and performance
 4. Design strategies for maintaining hydration and electrolyte balance before, during, and after exercise
 5. Evaluate beverages for training, performance, and recovery
 6. Evaluate the effects of environmental conditions on hydration status (e.g., heat, humidity, cold, altitude)
 7. Evaluate the effect of supplemental products on hydration status (e.g., salt tablets, alcohol, caffeine, pickle juice, glycerol)
- B. Design Nutrition Strategies for Individuals and/or Groups...
 1. For pre-workout and pre-competition
 2. During training and competition
 3. To delay fatigue during and following training and competition

4. For recovery following training and competition
 5. For eating on the road and traveling
 6. For recovery from sports injuries or overtraining
 7. For grocery shopping and meal/snack preparation/selection
- C. Dietary Supplements
1. Evaluate dietary supplement use
 2. Evaluate supplements and ergogenic aids using evidence-based analyses (e.g., effectiveness, quality control, safety, and legality)
 3. Advise clients regarding supplements and ergogenic aids using evidence-based analyses (e.g., effectiveness, quality control, safety, and legality)
 4. Evaluate drug supplement, and nutrient interactions

V. DISORDERED EATING AND EATING DISORDERS (8%)

- A. Differentiate between clinical and sub-clinical eating disorders
- B. Describe impact of disordered eating and eating disorders on health, training, and performance
- C. Educate individuals on risk factors associated with disordered eating, eating disorders, and distorted body image
- D. Develop nutrition strategies for the treatment of disordered eating and eating disorders
- E. Refer individuals to other professionals as needed
- F. Participate as a member of a multi-disciplinary treatment team

VI. NUTRITION FOR SPECIAL POPULATIONS (8%)

Design nutrition strategies for active...

- A. Individuals with chronic disease risks
- B. Individuals exhibiting signs/symptoms of the female athlete triad (disordered eating, amenorrhea, bone mineral loss)
- C. Individuals who are vegetarians
- D. 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. Children, adolescents, and young adults
- F. Adults over 50
- G. Individuals with food allergies, sensitivities, or intolerances

Effective Date: 02-2013

SAMPLE MULTIPLE CHOICE QUESTIONS

1. 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 $VO_{2\max}$

1B, task 7

2. 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

2A, task 1

3. Resting energy expenditure (REE) of an athlete
 - A. increases with age in an individual who is weight-stable
 - B. is used to determine $VO_{2\max}$
 - C. can be calculated using an individual's fat-free mass

1B, task 1

4. 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 3.80×10^6 /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

2D, task 2

5. An analysis of 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 of 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 multivitamin.
 - 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.

4B, task 2

6. 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 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

4A task, 4

Answers:

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

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Revised- 5/2016

NOTES PAGE:

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 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. Please return this form to CDR within 45 days of the desired testing date.

CANDIDATE INFORMATION

CDR Registration Number		
Last Name	First Name	Middle Initial
Address		
City	State/Province	Zip Code/Postal Code and Country
Daytime Phone Number	Fax Number	E-mail Address

SPECIAL ACCOMODATIONS

I request special accommodations for the _____ examination.

Please provide (check all that apply):

- Reader
- Extended examination time (time and a half)
- Reduced distraction environment
- Other special accommodations (please specify)

Description of disability: _____

Signed: _____ **Date:** _____

Return this form to:
Attn: Specialist Certification, Commission on Dietetic Registration,
120 S Riverside Plaza, Ste 2000, Chicago, IL 60606-6995
specialists@eatright.org

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 Name

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 previous page.

Description of disability: _____

Signed: _____
Title: _____

Date: _____ **License # (if applicable):** _____

Return this form to:
Attn: Specialist Certification
Commission on Dietetic Registration,
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