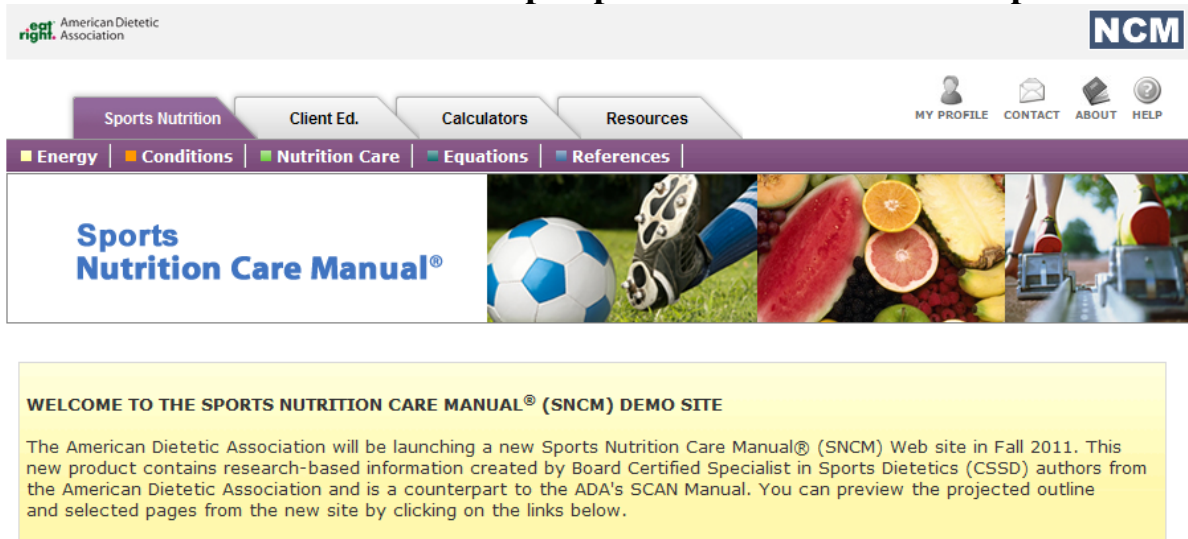


Sports Nutrition Care Manual[®]

Available Fall 2011

View the SNCM demo site: <http://sports.adancm.com/demo/sports.cfm>



WELCOME TO THE SPORTS NUTRITION CARE MANUAL[®] (SNCM) DEMO SITE

The American Dietetic Association will be launching a new Sports Nutrition Care Manual[®] (SNCM) Web site in Fall 2011. This new product contains research-based information created by Board Certified Specialist in Sports Dietetics (CSSD) authors from the American Dietetic Association and is a counterpart to the ADA's SCAN Manual. You can preview the projected outline and selected pages from the new site by clicking on the links below.

Features:

- Research-based nutrition information written by authors who are Board Certified as Specialists in Sports Dietetics (CSSDs).
- Can be used alone or as a companion to ADA's *Sports Nutrition: A Practice Manual for Professionals*, authored by the Sports, Cardiovascular, and Wellness Nutrition (SCAN) dietetic practice group.
- Printable client education handouts and meal plans.
- Calculators for BMI, energy expenditure, recovery/protein needs, sweat rate, lean body mass, and healthy body weight.
- Online customization tools, including sticky notes, highlighting, e-mail a page, and other useful functions.
- Useful links to the Commission on Dietetic Registration (CDR) Web site, including information on becoming a Board Certified Specialist in Sports Dietetics (CSSD).
- Links to the SCAN Web site.

Projected Outline:

Energy Systems and Energy Metabolism

1. Energy Systems
 - a. Creatine phosphate (CrP)
 - b. Anaerobic glycolysis
 - c. Oxidative phosphorylation
2. Energy Metabolism Overview
3. Substrate Utilization
 - a. Carbohydrate
 - b. Fat
 - c. Protein
4. Energy Metabolism in Sport
 - a. Strength/Power
 - b. Endurance
 - c. Team Sport
5. Nutrition-Related Fatigue in Sport

Nutrition Care

1. Nutrition Assessment

- a. Anthropometric
 - i. Height
 - ii. Weight
 - iii. Body mass index
 - iv. Weight history
 - v. Waist Circumference
 - vi. Girth Measurements Body Composition Estimations
 1. Skinfold thicknesses
 2. Bioelectrical Impedance Analysis (BIA)
 3. Dual Energy X-Ray Absorptiometry (DXA)
 4. Underwater weighing
 5. Air Displacement Plethysmography (BOD POD)
 - vii. Bone Mass Density
 1. Dual Energy X-Ray Absorptiometry (DXA)
- b. Biochemical
 - i. General Clinical Laboratory Test
 1. Lipid profile
 2. Fasting blood glucose

- ii. Micronutrient Status
 - 1. Iron status screening
 - 2. Vitamin D
 - 3. Vitamin B-12
 - iii. Electrolytes
- c. Clinical
- i. History: Current/Past Medical/Family
 - 1. Menstrual History/Status
 - ii. Medications
 - iii. Alcohol/Drug use
 - iv. Sleep Disturbances
 - v. Physical Examination
 - 1. Blood Pressure measurement
 - 2. Review of Systems
 - a. General
 - b. GI
 - c. Thyroid
 - d. Cardiopulmonary
 - e. Musculoskeletal
 - f. Renal
 - 3. Signs/Symptoms
 - vi. Kilocalorie Needs Assessment
 - 1. Direct Calorimetry
 - 2. Indirect Calorimetry
 - 3. Doubly Labeled Water
 - 4. Estimation Equations
 - vii. Fluid Needs Assessment
 - 1. Dehydration
 - 2. Hyponatremia
 - 3. Cramping
 - viii. Injury History/Status
- d. Dietary
- i. Methods
 - 1. 24-hour Recall
 - 2. 3-Day Dietary Record
 - 3. Food Frequency Questionnaire
 - 4. Direct Observation
 - ii. Energy Balance
 - 1. Energy Intake
 - 2. Energy Expenditure
 - a. Resting Energy Expenditure
 - b. Total Daily Energy Expenditure

- iii. Athletic Diet
 - 1. Macronutrients
 - a. Carbohydrate
 - b. Protein
 - c. Fat
 - 2. Micronutrients
 - 3. Training Diet
 - 4. Competition Diet
- iv. Fluid Balance
 - 1. Fluid Needs or Limits
 - 2. Electrolytes
 - 3. Sweat Rate Calculation
- e. Environmental
 - i. Financial status/adequacy
 - ii. Physical/Lifestyle Activity/Exercise/Training Regime
 - 1. Assessment
 - 2. Competitive Athletes
 - a. Current Training Schedule
 - b. Competition Schedule
 - iii. Living arrangements/physical environment/facilities
 - iv. Lifestyle
 - 1. Psycho-Social-Support Systems
 - 2. Belief System
 - 3. Stages of Change Model

2. *Nutrition Diagnosis*

- a. Nutrition Diagnoses
- b. PES Statements: nutrition problem (P), cause/etiology (E), symptoms (S)

3. *Nutrition intervention*

- a. Nutrition Prescription
 - i. Training Diet
 - ii. Competition Diet
- b. Hydration Schedule
 - i. Fluid recommendations
 - 1. Before Exercise
 - 2. During Exercise
 - 3. After Exercise
- c. Nutrition Therapy Efficacy
- d. Goals

4. Nutrition Monitoring and Evaluation

- a. Problems & Concerns
- b. Plan & Recommendations
- c. Referrals
- d. Follow-up

Estimation Equations - Calculators

1. Basal Metabolic Rate (BMR)/Resting Metabolic Rate (RMR)
2. Estimations of Energy Requirements
 - a. Harris-Benedict Equation
 - b. Cunningham Equation
 - c. Mifflin-St. Joer Equation
3. Total Daily Energy Expenditure (TDEE)
4. Sweat Rate Calculation Method
5. Skinfold Thickness Test
6. Girth Measurements

Client Education

1. Nutrition therapy for endurance athletes
2. Nutrition therapy for strength athletes—football
3. Nutrition therapy for team sports—soccer
4. Weight gain/high-calorie meal plan for athletes
5. Weight loss nutrition therapy for athletes

Resources

1. Dietary supplement evaluation
2. Contributors
3. Board Certification as a Specialist in Sports Dietetics (CSSD)
4. SCAN
5. Evidence Analysis Library (EAL)
6. Professional resources
7. Web resources