



Board Certified Specialist in Sports Dietetics (CSSD) *The Sports Nutrition Professional*

Who are CSSDs?

- Registered Dietitians (RD) with a minimum of two years of professional practice experience
- RDs who have demonstrated career experience in sports dietetics practice
- Specialists in sports nutrition qualified to deliver medical nutrition therapy
- Many hold exercise and/or athletic training credentials (ACSM, NATA, NSCA)
- Most are members of SCAN (Sports, Cardiovascular, and Wellness Nutrition), the largest dietetic practice groups of the Academy of Nutrition and Dietetics
- Most possess post-graduate degrees (Master's, Doctorate)
- Licensed as per state regulations

What is the CSSD credential?

The Board Certification as a Specialist in Sports Dietetics (CSSD) credential is the *premier* professional sports nutrition credential in the United States. CSSDs are **registered dietitians** who provide safe, effective, evidence-based nutrition services for health, fitness, and athletic performance. The CSSD was developed by the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics, the nation's largest organization of food and nutrition professionals. CDR is an organizational member of the National Organization for Competency Assurance.

What services do CSSDs provide?

- Evidence-based sports nutrition guidance to fuel fitness and athletic/sport performance
- Personalized sports medical nutrition therapy for special populations, e.g., bone mineral disturbances, cardiovascular conditions, diabetes, disabled athletes, disordered eating, female athlete triad, food allergies, gastrointestinal disorders, high blood pressure, iron-deficiency anemia
- Nutrition strategies and programs to enhance lifelong health, fitness, and optimal performance

Compare the CSSD Credential to other Sports Nutrition Credentials

Questions	CSSD	Other sports nutrition credentials
Is Registered Dietitian status required for eligibility?	Yes	No
Do credentialed professionals provide medical nutrition therapy (MNT)?	Yes	No
Do credentialed professionals provide nutrition services that are reimbursable?	Yes*	No
Is continuing education associated with the credential?	Yes	No
Is renewal required to maintain the credential?	Yes	No

*Many third party payers reimburse for MNT for a variety of conditions and/or diseases. Check coverage for details.

*The key to optimal meal planning for athletes is individualization. **Contact a registered dietitian** (sports dietitian or Board Certified Specialist in Sports Dietetics-CSSD) for personalized nutrition plans for athletes. **Access "Find a SCAN RD" at SCAN's website.***

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Demand Experience - Demand Excellence - Demand the Board Certified Specialist in Sports Dietetics (CSSD)