



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

### **Who are CSSDs?**

- Registered Dietitians (RD) with a minimum of two years professional practice experience
- RDs who have demonstrated career experience in sports dietetics practice
- Specialists in sports nutrition qualified to deliver medical nutrition therapy
- National Board Certification by the Commission on Dietetic Registration as a Certified Specialist in Sports Dietetics (CSSD)
- Licensed as per state regulations

### **What distinguishes the CSSD from other credentials?**

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?**

- Apply the science of sports nutrition to fuel fitness and performance
- Provide personalized sports medical nutrition therapy for special populations, such as: bone mineral disturbances, cardiovascular conditions, diabetes, disabled athletes, disordered eating, female athlete triad, food allergies, gastrointestinal disorders, high blood pressure, iron depletion, iron-deficiency anemia
- Create customized sports nutrition programs for individuals, sports teams and organizations

### **What benefits can CSSDs provide for your organization?**

- Optimize athlete/client recruitment and retention
- Enhance exercise training capacity and athletic performance
- Add value to medical and sport organizations that train and treat athletes
- Generate revenue

*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)**