**Hong Kong Nutritionists Society**

**The Competency Mapping Form – Registered Nutritionist**

This form is to be used by individuals to demonstrate knowledge and understanding in Nutrition within each of the Core Competence areas. The Competency Mapping form below lists the competency requirements for Registered Nutritionists and must be completed and submitted as part of your portfolio of evidence. Please refer to the Competence requirements for registration when completing this form.

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| **CORE COMPETENCY 1 - Science knowledge and understanding of the scientific basis of nutrition. Understanding nutritional requirements from the molecular through to the population level – for human systems.** | | |
| **AREAS OF KNOWLEDGE**  **& SKILLS REQUIRED** | **COMMENTS**  **(‘Comments’ for each item should be less than 30 words)** | **EVIDENCE NUMBER(S)** |
| **CC1a** - The human body and its functions, especially digestion, absorption, excretion, respiration, fluid and electrolyte balance, cardiovascular, neuro-endocrine, musculoskeletal and haematological systems, immunity and thermoregulation, energy balance and physical activity |  |  |
| **CC1b** - Mechanisms for the integration of metabolism, at molecular, cellular and whole body levels |  |  |
| **CC1c** - What nutrients are (including water and oxygen) |  |  |
| **CC1d** - Nature and extent of metabolic demand for nutrients |  |  |
| **CC1e** - How nutrients are used by the body, consequences of deficiency and assessment of nutritional status |  |  |
| **CC1f** - Non-nutrient components of foods and drinks that affect diet and health, including alcohol |  |  |
| **CC1g** - Nutrient analysis: calculating nutrient contents of foods and diets of an individual or group of individuals, justifying choice of a method of dietary assessment for a specific stated purpose |  |  |
| **CC1h** - Digestion, absorption, transportation and storage of nutrients and non-nutrient components of foods |  |  |
| **CC1i** - Nutrition in health and disease, consequences of an unbalanced diet |  |  |
| **CC1j** - Nature of common conditions that require dietary manipulation or can affect physical activity, such as obesity, diabetes, hypertension, cardiovascular disease, cancer etc. |  |  |
| **CC1k** - How nutritional needs change with age, gender, physical activity, lifestyle etc. |  |  |
| **CC1l** - Ability to plan, conduct, analyse and report on investigations into an aspect of nutrition in a responsible, safe and ethical manner |  |  |
| **CC1m**- Ability to carry out sample selection and to ensure validity, accuracy, calibration, precision, replicability and highlight uncertainty during collection of data |  |  |
| **CC1n** - Ability to obtain, record, collate, analyse, interpret and report nutrition-related data using appropriate qualitative and quantitative research and statistical methods in the field and/or laboratory and/or intervention studies, working individually or in a group, as is most appropriate for the discipline under study |  |  |
| **CC1o** - Prepare, process, interpret and present data, using appropriate qualitative and quantitative techniques, statistical programmes, spreadsheets and programs for presenting data visually |  |  |
| **CC1p** - Health research methods, dietary nutrition methodologies and nutritional epidemiology |  |  |

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| **CORE COMPETENCY 2 – Food Chain Knowledge and understanding of the food chain and its impact on food choice. Integrating the food supply with dietary intake.** | | |
| **AREAS OF KNOWLEDGE**  **& SKILLS REQUIRED** | **COMMENTS** | **EVIDENCE NUMBER(S)** |
| **CC2a** - Food commodities (staple foods, main sources of key nutrients, novel foods etc.) within HK and/or globe |  |  |
| **CC2b** - Effect on chemical composition and nutritional quality of food and diet of:  • methods of food production, preparation, preservation, fortification and format  • sources of food supply  • methods of cooking & storage |  |  |
| **CC2c** - Familiarity with and/or development of practical skills involved in the methods to analyse the composition of foods |  |  |
| **CC2d** - Ability to formulate ideas and opinions concerning food, nutrients, non-nutrient components of food and nutrition effectively and appropriately |  |  |
| **CC2e** - Understanding of issues associated with food sustainability |  |  |

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| **CORE COMPETENCY 3 – Social/ Behavior Knowledge and understanding of food in a social or behavioral context, at all stages of the life cycle.** | | |
| **AREAS OF KNOWLEDGE**  **& SKILLS REQUIRED** | **COMMENTS** | **EVIDENCE NUMBER(S)** |
| **CC3a** - Food and nutrition and health policy (at global, national and local level) |  |  |
| **CC3b** - Factors that affect an individual’s, communities’ and population groups’ nutritional needs and practices |  |  |
| **CC3c** - Religious and cultural beliefs and practices that impact on food, nutrition and health |  |  |
| **CC3d** - Consideration of financial/social and environmental circumstances on diet and nutritional intake |  |  |
| **CC3e** - Theories and application of methods of improving health, behavior and change |  |  |
| **CC3f** - Design and implementation of intervention projects and programs, methods for monitoring and evaluating effectiveness and efficiency |  |  |
| **CC3g** - Theories of nutrition health education and nutrition health promotion |  |  |
| **CC3h**– Ability to design/formulate a diet to meet a specification appropriate for a stated situation for an individual, human or group of humans |  |  |

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| **CORE COMPETENCY 4 – Health/Wellbeing Understanding how to apply the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations; recognizing benefits and risks.** | | |
| **AREAS OF KNOWLEDGE**  **& SKILLS REQUIRED** | **COMMENTS** | **EVIDENCE NUMBER(S)** |
| **CC4a** - Principles and methods of measurement and estimation of energy balance; energy expenditure, physical activity and fitness; body mass; body composition; how body mass and energy balance are controlled |  |  |
| **CC4b** - Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, sub groups and the individual |  |  |
| **CC4c** - Scientific basis of the safety and health promoting properties of nutrients and non-nutrient components of food, based on knowledge of the metabolic effects of nutrients, anti-nutrients, toxicants, additives, pharmacologically active agents (drugs); nutrient-nutrient interactions, nutrient-gene interactions, ‘nutri-ceuticals’, functional foods, and any other metabolically active constituents of foods and the diet |  |  |
| **CC4d** - Scientific basis for the measurement and estimation of nutritional requirements, dietary reference values for the general population |  |  |
| **CC4e** - Understanding of the general principles underpinning, and strengths and limitations of, common methods of assessment of nutritional status including clinical, anthropometric, dietary, biochemical, physiological, and functional methods |  |  |
| **CC4f** – Understanding the general principles and methods associated with determining the efficacy, health attributes, health claims, safety, and legal aspects of foods, drinks and supplements |  |  |
| **CC4g** - Ability to recognize strengths and weaknesses in dietary, nutrition and health research methods, in order to understand the limitations of the scientific basis of nutritional knowledge |  |  |
| **CC4h** - Ability to integrate knowledge and understanding from a variety of sources to identify or propose solutions in one of the following areas: Improvement of human health or improvement of food production and sustainability |  |  |

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| **CORE COMPETENCY 5 – Professional Conduct Understanding of professional conduct and the Association for Nutrition’s Standards of Ethics, Conduct and Performance.** | | |
| **AREAS OF KNOWLEDGE**  **& SKILLS REQUIRED** | **COMMENTS** | **EVIDENCE NUMBER(S)** |
| **PC1** - Awareness of the necessity of the ethical requirements of being a Registered Nutritionist. Full knowledge of and adherence to all aspects of HKNS Code of Ethics and Statement of Professional Conduct |  |  |
| **PC2** - Awareness of responsibilities and accountability in relation to the relevant current local and international legislation, guidelines, policies and protocols |  |  |
| **PC3** - Regular development and improvement of professional practice and competence through continuing professional development |  |  |
| **PC4** - Continual reflection on and evaluation of own practice against best practice standards, guidelines and protocols to improve practice in the best interest of clients |  |  |
| **PC5** - Continual assessment and management of risk in own practice |  |  |
| **PC6** - Awareness and understanding of research and other developments in the relevant evidence base(s) within own specialty |  |  |
| **PC7** - Critical appraisal of the outcomes of relevant research and evaluations and application to improve own practice |  |  |
| **PC8** - Understanding of and commitment to equality, diversity and rights, and to practice in a nondiscriminatory manner |  |  |
| **PC9** - Understanding of and commitment to necessity of obtaining informed consent whenever required |  |  |
| **PC10** – Understanding of the need to establish appropriate professional relationships and, where appropriate, work effectively as part of a team |  |  |
| **PC11** – Understanding of the need to work, where appropriate, in partnership with other professionals, support staff, individuals, groups, colleagues, commercial organizations, the media and stakeholders |  |  |
| **PC12** - Ability to communicate effectively with individuals and groups using a range of methods and/or media to enable them to make informed choices about nutrition |  |  |

This Competence Mapping Form, totally consist of \_\_\_\_ pages. It is submitted with my portfolio which consists of \_\_\_\_\_ pages (should be 50 pages or less). I declare that all the information that I provided is accurate. I am prepared to provide further evidence when required by the Hong Kong Nutritionists Society.

*(Signature)*

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(Name of Applicant)

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_