**Directions**

Part I: Description of previous experience

· List one job experience per line.  
· List the specific job title, volunteer position, and job task individually in space provided.

Part II: Required competency documentation

Complete competency form with current position or position(s) held within the previous two years that attest to your competency experience for PAL Credit consideration.  
Describe what was learned: Use this column to document the learning that occurred, not just a list of what you did. Include not only what you have learned (for example, "I have learned to use PowerPoint.") but also your deeper understanding of the knowledge (for example, "I have incorporated critical thinking skills into my practice when I…")

**List of Jobs**

Company Name Supervisor Name, Title Supervisor Email Address

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| --- | --- | --- |
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Prior assessed learning (PAL) –   
Sports Nutritition and Entrepreneurship

Application

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Competency | Dates | Supervisor | Responsibilities | What I learned |
| **CRDN 1.5:** Incorporate critical-thinking skills in overall practice |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.1:** Practice in compliance with current federal regulations and state statutes and rules, as applicable, and in accordance with accreditation standards and the Scope of practice for the Registered Dietitian Nutritionist, Standards of Practice, Standards of Professional Performance, and Code of Ethics for the Profession of Nutrition and Dietetics. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.3:** Demonstrate active participation, teamwork and contribution in group settings |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.7:** Apply change management strategies to achieve desired outcomes. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.10:** Demonstrate professional attributes in all areas of practice *(Tip: Professional attributes include showing initiative and proactively developing solutions, advocacy, customer focus, risk taking, critical thinking, flexibility, time management, work prioritization and work ethic.* |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.11:** Show cultural competence/sensitivity in interactions with clients, patients, and the public. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.12:** Implement culturally sensitive strategies to address cultural biases and differences. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 3.10:** Use effective education and counseling skills to facilitate behavior change. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 3.11:** Develop and deliver products, programs or services that promote consumer health, wellness, and lifestyle management. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 3.12:** Deliver respectful, science-based answers to client questions concerning emerging trends. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.1:** Perform self-assessment that includes awareness in terms of learning and leadership and cultural orientation and develop goals for self-improvement. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.2:** Identify and articulate one’s skills, strengths, knowledge, and experiences relevant to the position desired and career goals. |  |  |  |  |
| **CRDN 5.3:** Prepare a plan for professional development according to Commission on Dietetic Registration guidelines. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.4**: Advocate for opportunities in the professional settings (such as asking for additional responsibility, practicing negotiating a salary or wage or asking for promotion). |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.8:** Identify and articulate the value of precepting. |  |  |  |  |
|  |  |  |  |  |
| **SNE 6.1:** Utilize research-based strategies and recommendations to promote positive health outcomes and athletic achievements in the physically active population. |  |  |  |  |
|  |  |  |  |  |
| **SNE 6.2:** Evaluate and recommend performance enhancing supplements or ergogenic products based on their safety and effectiveness. |  |  |  |  |
|  |  |  |  |  |
| **SNE 6.3:** Create a comprehensive business plan to identify strengths and weaknesses of a potential entrepreneurial opportunity. |  |  |  |  |
|  |  |  |  |  |
| **SNE 6.4:** Develop education materials (flyers, brochures, presentations, etc.) targeted to a specific athletic population |  |  |  |  |

**Attestation**

I have reviewed the above competencies form and attest that these experiences and/or knowledge where obtained during the employees’ employment/volunteer position with our company. I firmly believe these skills and knowledge are suitable for an entry level dietitian position.

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Supervisor Name/Title Date

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Supervisor Printed Name

The information provided in the competency form is an accurate description of my knowledge and skills in sports nutrition and entrepreneurship

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Applicant Signature Date

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Applicant Printed Name