

**JOB TITLE**

Sports Performance Nutritionist

**DEPARTMENT**

Medical Department (Sports Science)

**RESPONSIBLE TO**

Head of Academy Sports Science

**RESPONSIBLE FOR**

No direct reports

**JOB SUMMARY**

To develop and deliver the performance nutrition strategy at our Academy, providing high level, evidence based nutritional support that optimises the performance of our Academy teams players, ensuring an appropriate support and education programme is provided at each phase.

**ROLE RESPONSIBILITIES**

- Design and deliver an individual diet and nutrition programme for players that aligns to the requirements of the Elite Player Performance Programme (EPPP)
- Provide insights based nutritional support for injury and rehabilitation programmes for youth players, in conjunction with the Multi Disciplinary Team (MDT).
- Develop and implement innovative and evidence-based nutrition education sessions and resources to increase nutrition knowledge throughout the Academy levels for players, parents and colleagues.
- In conjunction with the MDT, assist with player fitness and strength development, and body composition through nutritional interventions.
- Work collaboratively with the MDT on the development of each player as part of the 6-12 weekly multidisciplinary review process
- Attend match days as directed to assist/implement nutritional provision and provide post-game recovery support where appropriate.
- Maintain records of all nutrition interventions and track measureable outcomes linked to nutritional practices (body composition, nutritional knowledge, anti-doping awareness, hydration etc.
- Any other reasonable duties



## ROLE REQUIREMENTS

- Perform duties with due regard to club policies and procedures and legislative requirements at all times;
- Ensure implementation of the clubs health & safety, safeguarding, welfare and equality policies to create a safe working environment for all;
- Ensure working practices are compliant with relevant legislation and data protection legislation and/or general data protection regulations (GDPR) requirements;
- Undertake continuous professional development (CPD) training and/or additional training as identified or as required.

## QUALIFICATION & TRAINING

### Essential

- BSC in sports science or a related discipline
- Nutrition qualification e.g. SENr Accredited (or ability to complete accreditation within an agreed time period).
- ISAK level 1 or willingness to undertake training
- Practitioner Registrant on UK Sport & Exercise Nutrition Register

### Desirable

- A postgraduate degree in sports science (or another relevant discipline)
- BASES accreditation

## KNOWLEDGE, SKILLS & EXPERIENCE

### Essential

- Significant experience in the provision of nutritional support to professional athletes and coaches to support performance.
- Experience in designing and delivering nutritional education and appropriate resources
- Naturally collaborative with a strong set of inter-personal coaching skills.
- Ability to work flexible hours and travel when required

### Desirable

- Knowledge of the overall Elite Player Performance Plan (EPPP) and specifically the sports science elements of the EPPP
- Experience of working in an elite environment within football

## CRIMINAL RECORD CHECK REQUIREMENT

This role does require a criminal records check (CRC) deemed suitable by the Club, at the following level; enhanced with BLC. The requirement of a CRC for this role is due to responsibilities relating to children under the age of 18 years and/or adults at risk of harm

Where a role requires a CRC this must be obtained by the Club





## GENERAL STATEMENT

All employees of the Club must at all times carry out their responsibilities with due regards to all policies and procedures and in particular health and safety, confidentiality and data protection.

## SAFEGUARDING & WELFARE STATEMENT

The Club is committed to the safeguarding and welfare of all children, young people and adults at risk of harm and requires all staff, volunteers and others associated with the Club to share and endorse this commitment.

As part of this commitment, all staff are expected to undertake regular safeguarding and welfare related training and to ensure the environments in which they work remain safe at all times. This includes ensuring 'best practices' are adopted at all times and incidents or concerns are proactively reported. Safeguarding is considered everybody's responsibility.

## EQUALITY, DIVERSITY & INCLUSION STATEMENT

The Club is committed to equality, diversity and inclusion, encapsulated by the Club's brand United As One, and believes in equal opportunities for all. We expect that all staff, volunteers and others associated with the Club share and endorse this commitment in a positive manner. The club does not tolerate any form of direct or indirect discrimination, victimisation or harassment. Your behaviour must align to the principles of equality as outlined in the Clubs equality policy which can be found at [www.nufc.co.uk/UnitedAsOne](http://www.nufc.co.uk/UnitedAsOne) .