Sports Development Centre

Performance Nutritionist (NFL Academy)

Job Ref: REQ220546

As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.

Background

Loughborough Sport is committed to the development of aspiring coaches and practitioners through elite sport in the UK. Supporting around 700 funded athletes, scholars, and first team athletes across a range of sports and athletic disciplines, we provide a unique environment to develop a range of skills within an interdisciplinary sports program. This is an opportunity for an aspiring practitioner to join our Performance Nutrition team in delivering support to our Performance Programmes.

This specific role is focused for delivery supporting student athletes on the American Football programme, the student athletes will be aged 16-19yrs old.

Job Description

Job Grade: Operational Services Grade 5 (0.5FTE)

Job Purpose

- To deliver performance nutrition support to the Performance Programmes allocated by Loughborough Sport and Loughborough University, to optimise physical preparedness for competition.
- To be part of a support system for a small team of nutrition interns and placement students in the provision of Performance Nutrition support to designated sport programme/s

Main Roles and Responsibilities

- Deliver, organise and review nutrition support for allocated Performance Sports for Loughborough University. This will include the delivery of workshops, one-on-one consultations and group sessions to athletes.
- Help foster relationships with Loughborough University Performance Programme coaches to organise and plan appropriate and novel support mechanisms for sports nutrition to athletes.
- Help foster relationships with other support staff (strength & conditioning, performance analysis, biomechanics, physiology, psychology and sports medicine) to contribute to the delivery of the agreed support programme whilst maintaining relationships within the interdisciplinary team (IDT).
- Help foster a food first approach to nutrition among athletes, coaches and performance support teams.
- Create and deliver plans and strategies that influence or change behaviour to improve nutritional habits of athletes, coaches and performance support staff.
- Develop yearly plans for nutrition support to Performance Programmes and maintain a database of support provision and workload log
- Keep up-to-date with current research and development in sports nutrition and science, and where appropriate apply this to the work carried out

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- Produce resource materials for athletes, coaches and performance support.
- Support the Performance Nutrition Lead in the delivery of nutrition discipline's philosophy, key aims and objectives
- A willingness to engage with and support continuous professional development through internal and external opportunities e.g. journal articles, case review, conferences and courses.
- Help mentor a set of nutrition interns and placement students in the provision of Performance Nutrition support to designated sport programmes.
- Assist in the development of key relationships between Loughborough Sport, School of Sport, Exercise and Health Sciences (SSEHS) and other partners.
- Undertake additional duties as requested by your line manager from time to time.
- All aspects of administration and co-ordination involved with the role. This includes basic administration such as photocopying, filing, co-ordination of meetings, minute taking and handling telephone calls

Points To Note

The purpose of this job description is to indicate the general level of duties and responsibility of the post. The detailed duties may vary from time to time without changing the general character or level of responsibility entailed.

Special Conditions

It will be necessary to work outside normal office hours including some work in the evenings and at weekends

All staff have a statutory responsibility to take reasonable care of themselves, others and the environment and to prevent harm by their acts or omissions. All staff are therefore required to adhere to the University's Health, Safety and Environmental Policy & Procedures.

All staff should hold a duty and commitment to observing the University's Equality & Diversity policy and procedures at all times. Duties must be carried out in accordance with relevant Equality & Diversity legislation and University policies/procedures.

Successful completion of probation will be dependent on attendance at the University's mandatory courses which include Respecting Diversity and, where appropriate, Recruitment and Selection.

Organisational Responsibility

Reports to the Head of Performance Support and S+C Lead (NFL)

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Person Specification

Your application will be reviewed against the essential and desirable criteria listed below. Applicants are strongly advised to explicitly state and evidence how they meet each of the essential (and desirable) criteria in their application. Stages of assessment are as follows:

1 – Application
2 – Test/Assessment Centre/Presentation
3 – Interview

Essential Criteria

Area	Criteria	Stage
Experience	Previous experience of providing performance nutrition support to a variety of sports and coaches, both teams and individuals.	1,2,3
	Experience of carrying out nutritional data analysis, interpreting test results and providing feedback to athletes and coaches.	1,2,3
	Experience in the delivery of 1-to-1 nutrition consultations, needs analyses and athlete education sessions.	1,2,3
	Experience of delivering nutrition support to athletes and coaches to improve performance	1,3
Skills & abilities	Excellent communication and interpersonal skills.	3
	Ability to work cooperatively, flexibly and to meet deadlines.	1,3
	Ability to translate nutrition science into practical food advice.	1,2,3
	Excellent organisational and time management skills.	1,3
	A sound working knowledge of basic office PC packages in order to produce reports and presentations.	1,3
	Familiar with Microsoft Office (i.e. Word, Access, Excel and PowerPoint)	1
Education/qualifications	Degree in Sport Science or related topic	1
	Postgraduate qualification in Performance Nutrition/Sports Nutrition or related discipline	1
	SENr graduate or registrant or equivalent registration (e.g. HCPC)	1
Training	Willingness to undertake continued professional development.	1,3
Other	Willingness to work irregular hours as necessary, including evenings, weekends and bank holidays.	1,3
	To observe the University's Equal Opportunities Policy at all times.	1

Desirable Criteria

Area	Criteria	Stage
Experience	Experience of working as part of a multi-disciplinary team.	1,2,3
	Experience of working in a multisport environment	1,3
	Experience of producing educational resources for support programmes, particularly for elite performers.	1,2,3
	Experience of ordering, receiving and dealing with supplements in accordance with the SENr guidelines.	1,3
Education / Qualifications	ISAK Level 1 Body Composition Assessment.	1

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	Level 2 Food safety	1
	UKAD Advisor or Clean Coach certificate	1

Conditions of Service

The position is part-time 0.5FTE 5-year fixed term subject to funding from 1 August 2022 until 31 July 2027. Salary will be on Operational Services Grade 5 £25,627 - £30,497 pro rata per annum, at a starting salary to be confirmed on offer of appointment.

The appointment will be subject to the University's normal Terms and Conditions of Employment for Academic and Related staff/Operational and Administrative staff, details of which can be found here.

The University is committed to enabling staff to maintain a healthy work-home balance and has a number of family-friendly policies which are available at http://www.lboro.ac.uk/services/hr/a-z/family-leave-policy-and-procedure---page.html.

We also offer an on-campus nursery with subsidised places, subsidised places at local holiday clubs and a childcare voucher scheme (further details are available at: http://www.lboro.ac.uk/services/hr/a-z/childcare-information---page.html

In addition, the University is supportive, wherever possible, of flexible working arrangements.
We also strive to create a culture that supports equality and celebrates diversity throughout the campus. The University holds a Bronze Athena SWAN award which recognises the importance of support for women at all stages of their academic career. For further information on Athena SWAN see http://www.lboro.ac.uk/services/hr/athena-swan/

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