

Performance Nutritionist

Job Ref: REQ250575

As part of the University's ongoing commitment to redeployment, please note that this vacancy may be withdrawn at any stage of the recruitment process if a suitable redeployee is identified.

Loughborough Sport is committed to developing aspiring coaches and practitioners through elite sport in the UK. Supporting around 800 funded athletes, scholars, and first-team athletes across a range of sports and athletic disciplines, we've established ourselves as a global leader in sporting excellence. Our world-class performance ecosystem offers nutritionists the rare opportunity to work within a truly interdisciplinary environment, collaborating with elite coaches and specialists to create comprehensive athlete support systems. This exciting position within our Performance Nutrition team provides an ambitious practitioner the platform to directly impact athletic excellence, shape innovative nutritional strategies, and develop your expertise alongside industry leaders in a setting renowned for producing Olympic and Paralympic medallists and World Champions. Join the institution ranked #1 in the world for sports-related subjects for seven consecutive years (QS World University Rankings) and be part of the legacy that continues to define sporting success

Job Description

Job Grade: Operational Services Grade 5 (Full time – 1FTE)

Job Purpose

The Performance Nutritionist at Loughborough Sport will be responsible for delivering comprehensive nutrition services to elite and developing athletes. Working within an interdisciplinary team, the successful candidate will provide evidence-based nutritional support to optimise performance, recovery, and overall health across various sports.

Job Duties

- Deliver, organise and review nutrition support for allocated Performance Programmes 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, performance lifestyle, 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
- Support athletes during training camps and competitions as needed.
- Contribute to the development of nutrition policies and protocols within Loughborough Sport
- Maintain detailed and confidential records of athlete consultations and interventions.
- Keep up-to-date with current research and development in sports nutrition and science, and where appropriate apply this to the work carried out

- Produce resource materials for athletes, coaches and performance support.
- Provide additional nutrition support to the external Commercial Service as and when required
- 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

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 commitment to the University's Equity, Diversity, and Inclusion policies at all times.

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

Disclosure and Barring Service Check

This post is subject to the Rehabilitation of Offenders Act (Exceptions Order) 1975 and as such it will be necessary for a submission for Disclosure to be made to the Disclosure and Barring Service (formerly known as CRB) to check for any previous criminal convictions.

Organisational Responsibility

Reports to Performance Nutrition Lead.

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	Demonstrable knowledge of sport-specific nutrition requirements across different sports, both teams and individuals.	1, 2
	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
	Experience of producing educational resources for support programmes, particularly for elite performers.	1
Skills and abilities	Excellent interpersonal and communication skills with the ability to translate complex nutritional concepts into practical advice	1, 3
	Ability to work cooperatively, flexibly and to meet deadlines.	1, 3
	Excellent organisational skills	1, 3
	Capacity to work under pressure and manage multiple priorities	2
	Proficient IT skills including Microsoft Office suite	1, 3
Training	Willingness to undertake continued professional development.]	1, 3
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
Other	Willingness to work irregular hours as necessary, including evenings, weekends and bank holidays.	1

Desirable Criteria

Area	Criteria	Stage
Experience	Experience of working as part of a multi-disciplinary or interdisciplinary team.	1, 3

	Experience of working in a multisport environment	1
	Experience supporting athletes at major national or international competitions	1
	Experience of ordering, receiving and dealing with supplements in accordance with the SENR guidelines.	1
	Experience working with para-athletes or adaptive sports	1
Skills and abilities	Experience using technology to enhance nutrition service delivery	1
Qualifications	ISAK Level 1 Body Composition Assessment.	1
	Level 2 Food safety	1
	UKAD Advisor or Clean Coach certificate	1

Conditions of Service

The position FULL TIME and OPEN-ENDED. Salary will be on [Operational Services Grade 5](#), at a starting salary to be confirmed on offer of appointment.

The appointment will be subject to the University's Terms and Conditions of Employment for STAFF GRADES 1-5, 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 can be found [here](#).

The University offers a wide range of employee benefits which can be found [here](#).

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 equity and celebrates diversity and inclusion 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/>