

Loughborough Sport

Performance Nutritionist (England Netball and Loughborough Sport)

Job Ref: REQ260706

Job Family and Grade: Operational Services Grade 5 (OP5)

School/Department summary:

Loughborough Sport is committed to delivering sporting excellence whilst developing the athletes, coaches and practitioners of the future. Supporting around 800 funded athletes, scholars and first team athletes across a wide range of sports, we offer an integrated high-performance environment where interdisciplinary collaboration, innovation and learning are central to success. This role provides the opportunity to support the England Netball World Class Programme and Loughborough Sport Performance Programmes while playing an active role in developing future performance nutrition practitioners through our placement and internship pathways.

Job Description

Job Family and Grade: Operational Services Grade 5 OP5

Job Purpose

The Performance Nutritionist at Loughborough Sport will be responsible for delivering comprehensive nutrition services to elite and developing athletes, alongside the delivery of Performance Nutrition support to England Netball's World Class Programme. Working within an interdisciplinary team, the successful candidate will provide evidence-based nutritional support to optimise performance, recovery, and overall health across England Netball and Loughborough Performance Programmes.

Job Duties

- Deliver, organise and review nutrition support across allocated Performance Programmes for Loughborough University and the England Netball World Class Programme. This will include the delivery of workshops, one-on-one consultations and group sessions to athletes.
- Develop yearly plans for nutrition support to the above
- Create and deliver plans and strategies that influence or change behaviour to improve nutritional habits of athletes, coaches and performance support staff.
- Deliver inclusive nutrition support that considers the cultural, physiological and individual needs of diverse athlete populations.
- Help foster a food first approach to nutrition among athletes, coaches and performance support teams.
- Produce resource materials for athletes, coaches and performance support.
- Support athletes during training camps and competitions as needed (domestically and abroad).
- Help foster relationships with 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).
- Assist in the development of key relationships between Loughborough Sport, School of Sport, Exercise and Health Sciences (SSEHS) and other partners.
- Contribute to athlete health, wellbeing and safeguarding through appropriate identification, monitoring and referral of nutrition-related health risks.

- Utilise emerging technologies, athlete management systems and performance data platforms to enhance decision-making, monitor nutritional interventions and improve athlete outcomes.
- Support the development of nutrition policies and protocols within Loughborough Sport and England Netball
- Maintain detailed and confidential records of athlete consultations and interventions.
- Support the Performance Nutrition Lead and National Performance Lead (England Netball) in the delivery of nutrition discipline's philosophy, key aims and objectives
- Support supervision and mentoring of placement students and voluntary interns, that contribute to the objectives of the Coach and Volunteer Academy and wider workforce development strategy of Loughborough University.
- Engage with and support continuous professional development (CPD) through internal and external opportunities e.g. journal articles, case review, conferences and courses.
- Provide additional nutrition support to the external Commercial Service as and when required
- 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
- The post will require working in the evenings, weekends and on bank holidays and University closure days when required.
- The post-holder will be based on the Loughborough Campus, with domestic and international travel required.

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 outlined in the document.

Organisational Responsibility

Reports to the: Performance Nutrition Lead (Loughborough Sport)

Sport Specific Discipline Lead: National Performance Lead (England Netball)

Budget Responsibilities: N/A

Person Specification

Your application will be assessed based on the essential and desirable criteria listed below.

Applicants are strongly encouraged to explicitly demonstrate how they meet each essential (and desirable) criteria at the application stage. The criteria that you need to demonstrate in your application will be listed as Stage 1 in the table below.

Stages of assessment are as follows:

- 1 – Criteria measured within the Application
- 2 – Criteria measured at Test/Assessment Centre/Presentation
- 3 - Criteria measured at 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
	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
	Demonstrable experience of applying behaviour change strategies to improve nutritional practices and performance outcomes.	2, 3
Skills and abilities	Excellent interpersonal and communication skills with the ability to translate complex nutritional concepts into practical advice	2, 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, 3
	Proficient use of digital technologies (including Microsoft Office suite) and software platforms to support nutrition service delivery, communication and data management.	1, 3
Training	Demonstrable commitment to reflective practice and continuous professional development.	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: These are skills, experience and competencies that are additional extras that may be used to narrow the pool down if we receive a high volume of applications that meet the essential criteria.

Area	Criteria	Stage
Experience	Experience of working as part of a multi-disciplinary or interdisciplinary team.	1, 2, 3
	Experience of working in a multisport environment	1
	Experience using digital athlete management systems, nutrition analysis software and emerging technologies to support performance delivery.	1
	Experience supporting the development of students, interns, volunteers or early career practitioners.	1
	Experience supporting athletes at major national or international competitions	1, 2, 3
	Experience of ordering, receiving and dealing with supplements in accordance with the SENR guidelines.	1
	Experience working with para-athletes or adaptive sports	1
Qualifications	ISAK Level 1 Body Composition Assessment.	1
	Level 2 Food safety	1
	UKAD Clean Sport Essentials+ or Clean Coach certificate	1

Conditions of Service

The appointment will be subject to the [University's Terms and Conditions of Employment](#) relevant to the job grade.

Shared University Responsibilities

As a member of the Loughborough community, you are expected to:

- Take reasonable care of yourself, others and the environment, and to prevent harm by your acts or omissions. All staff are therefore required to adhere to the University's Health, Safety and Environmental Sustainability Policies & Procedures.
- Support and contribute to the University's commitment to Equity, Diversity, and Inclusion (EDI), while carrying out all duties in a way that respects these principles and upholds the right to free expression. Further information about EDI at Loughborough and our strategic aims is available on our website.

Our Purpose, Vision, and Values

Our purpose, Vision and Values underpin all that we do and shape how we work together at Loughborough.

We're proud to promote our values: **Adventurous**, **Collaborative**, **Creative**, **Authentic** and **Responsible**. Our people bring these values to life every day, and they are central to the positive and supportive culture that makes Loughborough unique.

If you join us, you'll be encouraged to bring these values to life in your own work and contribute to the positive, supportive culture that makes Loughborough unique.

Read more about our [vision and values](#).

Our Accreditations



We strive to create a culture that supports equity 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 career.



We are proud to be a [Race Equality Charter Member](#). The Charter aims to improve the representation, progression and success of all minority ethnic staff and students within higher education and address issues of racism within higher education institutions (HEIs).



We are proud to be a Disability Confident Employer and have adopted a proactive approach to employing disabled people and to creating a more diverse workforce. We ensure that our recruitment processes are inclusive and accessible. We guarantee to offer an interview to all applicants who have declared a disability, provided that the essential criteria for the role are met. We proactively anticipate and provide reasonable adjustments and support existing employees who acquire a disability or long-term condition to thrive in the workplace.



We are a real living wage employer, and our Living Wage Employer Mark shows our commitment to paying our staff according to the cost of living.



We are proud supporters of the [City of Sanctuary movement](#) and delighted to be recognised as a University of Sanctuary. This national network brings together, university staff, lecturers, academics, and students, who together work to make Higher Education institutions places of safety, solidarity and empowerment for people seeking sanctuary.

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 a Disclosure to be made to the Disclosure and Barring Service (formerly known as CRB) to check for any previous criminal convictions.

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.