

JOB DESCRIPTION

Job Title: Performance Nutritionist	Current Job Holder:
Department/Team: SIS - Sports Science & Innovation	Date Created: March 2009

DEPARTMENT/TEAM DESCRIPTION

The Performance Nutrition team contribute to the national delivery and network management of sport science support services within the **sportscotland** institute of sport network. The team will require a specific support focus in the Performance Nutrition area, including delivery at SIS and GB levels, and will impact upon high performance sport success

JOB PURPOSE

The Performance Nutritionist will help support the national delivery and network management of sport science support services throughout the **sportscotland** institute of sport network. This role will require a specific focus in the Performance Nutrition, including delivery at SIS level and sometimes GB level, and will impact upon high performance sport success

RESOURCES MANAGEMENT

Management responsibility for: no direct reports.

Reports to: Senior Performance Nutritionist

Budgetary Signing Limit up to: N/A

KEY RESPONSIBILITIES

- Provide performance nutrition services to Institute and sometimes GB senior athletes via observational analysis and discussions with coaches, athletes and other service providers.
- Working closely with other team members, provide performance nutrition support to agreed athletes that is planned and agreed with the Senior Performance Nutritionist via a clear work plan that recognises key measurement processes within related project documents.
- Support the integration and provision of Performance Nutrition support with other service disciplines (e.g., Strength & Conditioning and Exercise Physiology) through appropriate programme analysis and coach/provider discussion.
- Develop support methods and service integration through clear analysis and interface with coaching programmes. This work will be underpinned by consultation with coaches on an on-going basis.
- Attend meetings of service providers and coaching staff as required from time to time.
- Contribute to the CPD of coaches and other service providers within the Institute Network.
- Ensure that applied sports nutrition support provides relevant performance based feedback and up to date techniques to support athletes and coaches.
- Proactively contribute to a successful national framework of sports science delivery by agreeing annually with

the Senior Performance Nutritionist an effective continual professional development programme (e.g., attendance at the Institute's and UK Sport's professional development workshops and forums).

- Work with the Senior Performance Nutritionist (and Head of Science and Innovation if applicable) to develop the strategy (and its implementation) for Institute athletes, organising and leading on the delivery of national strategy, consulting with coaches and the Performance Managers on an on-going basis.
- Develop and maintain an appropriate database of support information and present support project reports within agreed deadlines to coaches, athletes, other service providers, Area Managers and the Head of Science and Innovation.

MAIN JOB REQUIREMENTS

Education:

- Relevant first degree, plus recognised post-graduate qualification (or equivalent experience) in providing performance nutrition support to performance athletes.
- Eligibility to be a Registered Dietician or Nutritionist.

Specific Experience:

Required

- Around 2-3 years recognised post-graduate experience in providing Performance Nutrition support to performance athletes
- Experience of the design, implementation and evaluation of periodised programmes for athletes, and of developing and delivering sports specific Performance Nutrition assessments
- Experience and understanding of the other applied disciplines of sport science
- Experience of working with sport governing bodies
- Some experience of managing staff and wider resources
- Experience of delivering performance evaluation methods.

Desired

- Some experience of supervising/providing advice to other nutrition professionals
- Experience of working with GB senior athletes

JOB CLASSIFICATION FACTORS

1. Knowledge and Specialist Skills

- Around 2-3 years recognised post-graduate experience in providing Performance Nutrition support to performance athletes
- Significant experience of the design, implementation and evaluation of periodised Performance Nutrition programmes for athletes, and of developing and delivering sports specific assessments
- Experience and understanding of the other applied disciplines of sport science, able to integrate support provision with other areas of sport science and within multidisciplinary support teams
- Experience of working with sport governing bodies
- Excellent oral and written communication skills

Knowledge and Specialist Skills - (b) Level of Applied Expertise

- High level/specialist understanding/knowledge (national level) on the delivery/application of performance nutrition – systems, people, processes, and the ability to apply this knowledge effectively and work on an information sharing basis across the other disciplines with recognised national level knowledge and skills
- Will be seen as the one of the **sportscotland** experts in this area (expert is the Head)
- Will be consulted by senior discipline staff in other areas, and by partners such as NGBs/SGBs

2. Resource Management

- No direct line management responsibility
- Responsible for effective spend of small amounts from agreed budget.
- Wider management responsibility for the 'fitness to compete' of all SIS/GB athletes requiring attention in the Performance Nutrition discipline

3. Complexity - (a) Problem Solving

- Problems will be operational/technical in nature – what intervention or diet plan is the most appropriate by athlete and sport
- Solutions will require observation/needs analysis followed up by risk analysis
- Problems are solved working jointly with coaches and Regional Managers, which will include prioritisation of workload

Complexity - (b) Creativity/Innovation

- Jobholder needs to suggest innovative Performance Nutrition support to targeted sports where agreed with the Senior Performance Nutritionist and the High Performance Management Team
- Occasional innovation is needed to move thinking (and delivery/application) beyond current understanding.

4. Delivering Results – (a) Strategic Responsibility

- Role is concerned with engaging/delivering the strategy set by others, ensuring that practices are followed correctly, but may make suggestions to the Senior/Head around improvements and changes to operational plan
- Planning cycle is mainly annual with a 4 year context

5. Delivering Results - (b) Decision Making

- Decisions involve deciding when to communicate with other staff across a range of sports and disciplines - resource deployment, process, methods
- Decisions must be taken proactively using own initiative, often without referral to managers

6. Networks and Relationships

- Internally, jobholder needs to persuade and influence around target areas, as well as other professionals/managers to integrate and engage service effectively – this can be problematic at times, influencing and persuading that 'diet leads to medals'.
- Externally, deals with Governing Bodies and coaches, ensuring that general and performance nutrition is built into athlete programmes

- Will also deal with external service providers such as caterers within hotels and airlines, ensuring that food plans are appropriate

Networks and Relationships – (b) Team Working

- Forms part of the delivery team within Sports Science and Innovation, contributing technical/operational experience and contributing to its development generally
- Works with a wide number of external teams/groups, including medical circles, seen as specialist contributor