



Job Description

Job title	Performance Nutritionist
Responsible to	Lead Performance Nutritionist

Job purpose
To deliver performance nutrition support to identified athletes, coaches and sport system partners to improve performance and deliver against Sport Wales's strategic priorities through working as part of an inter-disciplinary team

Main duties
<ul style="list-style-type: none"> • Develop, implement and monitor innovative and evidence based practical nutrition services tailored to the needs of identified athletes and sports. • Actively promote the role of food to support athlete health and performance. • Ensure that the delivery of nutrition services effectively meet the Sport Wales objectives as well as the needs of athletes and coaches. • Facilitate the integration of performance nutrition by working closely with coaches and support staff to determine appropriate methods of implementing nutrition services; including educational programmes, individual consultations and group sessions. • Promote an environment and culture within Sport Wales that supports nutrition as an integral component of high performance. • Be actively involved in tasks that contribute to the development of the discipline, as identified by the Lead Performance Nutritionist and ensure a coordinated approach to performance nutrition delivery services.

- Where appropriate liaise with practitioners in UK National Governing Bodies and Home Country Sports Institutes (HCSI) to deliver a collaborative approach to performance nutrition services across the UK.
- Work within the HCSI professional code and the standards and guidelines set out in the Sport and Exercise Nutrition Register (SENR) Code of Conduct at all times with particular attention to the 'supplement use in sport' position statement.
- Maintain a comprehensive, indexed and secure database of work conducted with athletes and coaches, including detailed records of work done with individual athletes.
- Fulfil responsibilities which contribute to delivering an exemplary service for Sport Wales in respect of our statutory duties, including Well-being of Future Generations (Wales), Equality, Information Security, Risk Management, Safeguarding, Financial Regulation and Health, Safety & Environment.
- Work flexibly, performing any other duties as required, where relevant to the post and appropriate to the grade.

Sport Wales' values

Our approach to enabling sport in Wales to thrive is evolving. We are committed to continually challenging ourselves to:

Learn Together

Constantly exploring, testing and reviewing

Deliver Together

Sharing outcomes, nurturing open and honest relationships, providing robust feedback, constantly improving performance

Celebrate Together

Recognising our shared successes through effective partners

By:

Acting with Integrity

Understanding and Respecting each other's culture and values. Promoting equality and diversity

Adding Value

Ensuring the optimum mix of support, challenge, investment, skills and expertise to achieve our shared outcomes.

Encouraging Innovation

Welcoming new ideas and approaches and supporting ambition and fresh thinking. Not being afraid to feel uncomfortable.

Person specification

	Essential Requirements	Desirable Requirements
Education:	<p>Degree in Nutrition, Sport Science, Dietetics or related subject</p> <p>Higher degree or equivalent in Sports Nutrition)</p> <p>For those from a Dietetic background, Health and Care Professions Council (HCPC) Registered</p> <p>Graduate member of the Sport and Exercise Nutrition Register</p>	<p>International Society for the Advancement of Kinanthropometry (ISAK) Level 1 Accreditation</p> <p>Level 2 Award in Food Safety and hygiene</p>
Experience:	<p>Experience as a practicing registered Nutritionist or Dietitian (minimum 2 years)</p> <p>Experience of providing nutrition support to athletes and coaches to improve performance</p> <p>Experience of analysing the demands of a sport in relation to their nutrition needs in order to develop, implement and evaluate nutrition programmes</p> <p>Experience of working within a multi-disciplinary team in the delivery of nutrition services to high performance sport</p> <p>Experience in educating junior level athletes and using a food focused approach to health and performance</p>	<p>Experience in the development of educational resources and programmes</p> <p>Experience of working in a Sports Institute setting</p>
Skills, Aptitudes & Abilities:	<p>Ability to effectively translate nutrition science into practical food advice</p> <p>Good knowledge and understanding of the use of sports nutrition supplements and ergogenic aids, including supplement safety measures</p> <p>Knowledge of appropriate nutritional support and nutritional issues (performance and clinical) relevant to high performance sport</p>	<p>An understanding of the needs of elite athletes and coaches in a high-performance environment</p> <p>Ability to build and maintain productive relationships with support staff, athletes and coaches</p> <p>Understanding of the coaching and training process and</p>

	<p>An understanding of the various sports science and sports medicine disciplines</p> <p>Ability to critically appraise scientific methodology and data</p> <p>Ability to influence athletes and coaches to support programmes that impact on performance</p> <p>Good communication and presentation skills; effectively and confidently communicates in a style most relevant to the target audience</p> <p>Committed to own learning and continuous improvement through training and continued professional development</p> <p>Ability to work autonomously, hold self and others accountable for standards of performance and proactively seek support and guidance from others</p> <p>Ability to cope effectively with pace, adjust quickly when priorities change and adapt to pressured situations</p> <p>Ability to set goals, plan and track project progress, review, adapt and ensure activities are evaluated for impact</p>	<p>athletic performance in terms of periodisation and peaking</p> <p>Knowledge and awareness of Athlete Support Personnel roles and responsibilities under the World Anti-Doping Code</p>
<p>Special Circumstances</p>	<p>Able to work flexibly including out of normal office hours</p> <p>Able to travel as required</p> <p>May be required to work athletes under 18's and vulnerable adults (DBS check required)</p>	