



- Maximising the power of sport to change lives •

JOB DESCRIPTION

Ref: PFN/0123

Job Title: Performance Nutritionist

Grade: NICS Staff Officer

Salary Scale: £32,328 to £33,459

Department: Performance

Location: Sport Northern Ireland Sports Institute (SNISI) based at Ulster University, Jordanstown, training centres and sports venues (as required).

Responsible to: Head of Performance Science

Duration: 12 months fixed term
(Part-time applications will be considered)

Organisational background:

Sport NI is the lead development public body for sport and physical recreation in Northern Ireland. We are established under the Recreation and Youth Service Order 1986 for the furtherance of sport and physical recreation in Northern Ireland. We develop all aspects of sport and physical recreation from active participation to Olympic and Paralympic levels.

Sport NI is primarily funded by grant in aid from the Department for Communities and the National Lottery.

Our mission statement is:

We are passionate about maximising the power of sport to change lives.

Our DNA:

Sport NI's values are Excellence, Integrity, Collaboration and Learning. Sport NI seeks an individual who shares and exemplifies our values and associated behaviours in their daily work.

Overall purpose of job:

The overall purpose of the performance nutrition role is to provide expert, evidence-based support and solutions to athletes, coaches, and sports to positively impact on performances. This will enable more Northern Ireland athletes to win at the highest level and increase the number of sporting winners in the process. The role requires working both independently and as an integrated team member with other support staff to ensure that objectives at the highest level can be met.

Duties and Responsibilities:

- Plan, deliver and evaluate best practice performance nutrition services to targeted sports. Services should enhance performance, minimise injury, illness and risk and optimise health, by:

- Identifying and tailoring interventions to target an individual athletes' priorities and performance limitations,
 - Prioritising nutrition interventions to allow optimal impact whilst maintaining health,
 - Developing advanced evidence-based nutrition strategies to provide marginal gains in performance,
 - Actively promoting the role of food to enhance athlete performance, and
 - Developing and facilitating appropriate communication methods, including workshops, to inform and educate athletes, coaches, and national governing bodies in the effective use of performance nutrition services.
- Collaborate with other SNISI support staff to ensure that nutrition service delivery effectively meets the need of athletes, coaches, and national governing bodies.
 - Maintain comprehensive and secure records of work conducted with athletes.
 - Develop and update nutritional resources, protocols, and procedures.
 - Deliver performance nutrition services from identified locations and at training venues, camps, and competitions internationally.
 - Work with SNISI support staff to ensure an interdisciplinary approach to athlete management.
 - Work within a multidisciplinary team to develop and promote a high-performance culture.
 - Maintain professional registration and develop professional knowledge through:
 - Planning and implementation of annual learning and development plan,
 - Active participation and contribution to nutrition and performance science meetings and
 - On-going development of sports nutrition knowledge.
 - Contribute to the strategic development of performance nutrition services and provide advice and guidance to senior managers to improve operational processes.
 - Participate in organisational training and staff performance reviews.
 - Assist SNI in disseminating World Anti-Doping Agency information and guidelines to athletes, coaches, and support staff.
 - To take reasonable care for the health and safety of him/herself and of other persons who may be affected by his/her acts or omissions at work and to co-operate so far as is necessary to enable any duty or requirement imposed on SNI under statutory provisions to be performed or complied with.

This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation.