

## PERSON SPECIFICATION

Ref: PFN/0123

**Job Title:** Performance Nutritionist

### Essential Criteria

#### **Qualifications:**

- A qualification at degree level (or equivalent) in Dietetics, Nutrition, Sports Science, or related subject.\*
- Practising registered dietitian with the Health and Care Professions Council (HCPC) or equivalent.\*

#### **Experience:**

- Minimum 2 years full-time (or part-time equivalent) postgraduate experience as a practising registered dietitian or nutritionist.\*
- Minimum 1 years full-time (or part-time equivalent) experience in the provision of nutrition support to athletes and coaches in a high-performance environment.\*
- Experience in analysing the demands of a sport in relation to their nutritional needs to develop, implement and evaluate nutrition programmes for individual athletes within these sports.\*
- Experience of working within a multi-disciplinary team in the delivery of nutrition services to improve performance.\*
- Experience of implementing weight loss, maintenance, and gain strategies in support of performance outcomes.
- Experience of developing and implementing innovative ideas and putting them into practice, including working in an applied and integrated manner.

#### **Knowledge and Skills:**

- An understanding of the needs of elite athletes and coaches in a high-performance environment.
- Knowledge of nutritional support appropriate to the needs of high-performance athletes both in training and competition.
- Understanding of the nutritional issues (performance and clinical) relevant to high-performance sport.
- Good knowledge and understanding of the use of nutrition supplements and ergogenic aids.
- Effectively translate nutrition science into practical food advice.
- An understanding of the various sports science and sports medicine disciplines.
- Ability to critically appraise scientific methodology and data.
- Ability to influence athletes and coaches to support programmes that impact on performance.
- Ability to communicate complex data in terms that are easily understood by a wide range of audiences.

#### **Circumstances:**

- Ability to work irregular and unsocial hours as required involving work outside normal office hours, at evenings, weekends, and Bank Holidays.\*
- Ability to travel both within the country and abroad, including occasional overnight stays.\*
- Access to a form of transport which will allow the full requirements of the post to be met and is insured for use when travelling on SNI business.\*

### **Desirable Criteria**

- A postgraduate qualification in sports nutrition.\*\*
- ISAK Level 1 accreditation.\*\*
- Graduate on Sports and Exercise Nutrition register (minimum).\*\*

### **Experience:**

- Experience of having travelled with a team or athletes to national competitions or training camps.
- Experience of strategic planning, implementation, and monitoring of nutrition services to high-performance athletes.
- Experience of dealing with national performance programmes within national governing bodies of sport.

### **Knowledge and Skills:**

- Understanding of the coaching and training process and of athletic performance in terms of periodisation and peaking.
- Skilled in building and maintaining productive relationships with high-performance staff within national governing bodies of sport.
- Can demonstrate knowledge and awareness of Athlete Support Personnel roles and responsibilities under the 2021 World Anti-Doping Code and current international standards.
- Having the willingness to engage with and support continuous professional development in anti-doping, i.e., UKAD Accredited Advisor Certification.

### **Note to Applicants:**

**\* Only those applicants who clearly demonstrate relevant achievement, experience, knowledge and understanding of essential criteria, will go forward to the next stage of the recruitment and selection process.**

**\*\* Desirable criteria may also be used for shortlisting purposes.**

**All other essential and desirable criteria will be assessed by selection test and/or interview.**