



Job Description – Fitness and Wellness Nutrition Internship

JOB SUMMARY

The Nutrition Internship with Fitness & Wellness at the Student Recreation Center is one of many rotations that are offered as *part* of the Texas State Dietetic Internship program. The length of this rotation is set by the dietetic program director. Completing necessary coursework and the Texas State Dietetic Internship Program will make you eligible to take the Registered Dietitian exam. For more information on how to apply to this internship please visit [Texas State Dietetic Internship : Texas State University \(txstate.edu\)](https://www.txstate.edu/dietetic) or reach out to the dietetic program director at Family and Consumer Sciences. [School of Family and Consumer Sciences : Texas State University \(txstate.edu\)](https://www.txstate.edu/fcs)

During this rotation interns complete unique supervised practice hours under a Registered Dietitian while providing Nutrition Coaching to Texas State University students and staff.

Supervisors – Mitzie Rojas, RDN, LD, NASM-CPT & Adriana Valdez, MS

SPECIFIC DUTIES & RESONSIBILITIES

- Perform in accordance with the Code of Ethics for the Profession of dietetics
- Perform all duties of a dietitian in an outpatient facility
 - Interview patients about diet history, exercise habits, and reviewing emotional/social issues
 - Document pertinent information
 - Makes appropriate referrals
 - Utilizes available educational materials
 - Develops and researches addition evidence-based materials as needed (from reputable sources)
- Develop care plans using the Nutrition Care Process for clients
- Participate in and provide nutrition education
- Create handouts and social media posts to educate students and staff on various nutrition topics
- Develop an individualized menu or meal plan specific to the client’s needs and goals
- Actively participate in the unique activities of the Fitness and Wellness program at the Campus Recreation Center

BENEFITS OF INTERNING WITH CAMPUS RECREATION

- Work closely with a Registered Dietitian in all tasks
- Gain experience with Motivational Interviewing
- This rotation is more sports nutrition focused