Coord, Nutrition

Job Code 50034634

General Description
Assist athletics with your knowledge of Sport nutritional guidelines; eating disorder/disordered eating signs and symptoms; of complementary medicine, ergogenic aids, and nutritional supplements; of rules and regulations of athletic governing bodies: e.g., National Collegiate Athletic Association (NCAA), U.S. Anti-Doping Agency (USADA) regarding banned drugs and restricted substances; of measurements of resting metabolic rate, energy expenditure, VO2max and lactate threshold.

Examples of Duties
Counsel student athletes on optimal nutrition for exercise training (match nutrition to training phases and goals), competition, recovery, weight management, hydration, immunity, disordered eating, travel, and supplementation.
Address nutritional challenges to performance, such as food allergies, bone mineral disturbances, gastrointestinal disturbances, iron-deficiency.
Consultation with Coaches, ATCs, S&C Coaches regarding current team and individual SA needs.
Game-day nutrition planning.
Sweat rate testing & hydration protocol development.
Some practice attendance for increased visibility of sports dietitian to promote utilization of services.

Knowledge, Skills, and Abilities
Knowledge of: sports nutritional guidelines; eating disorder/disordered eating signs and symptoms; of complementary medicine, ergogenic aids, and nutritional supplements; of rules and regulations of athletic governing bodies: e.g., National Collegiate Athletic Association (NCAA), U.S. Anti-Doping Agency (USADA) regarding banned drugs and restricted substances.

Skill in: effective communication, teamwork and providing nutritional guidance.

Ability to: measure resting metabolic rate, energy expenditure, VO2max and lactate threshold; provide trainings and cooking classes to teams.

Experience and Education
Registered Dietician with active registration by the Commission on Dietetic Registration of the American Dietetic Association.

Other Requirements