



## Job & Person Description

<b>Job Title</b>	<b>Academy Nutritionist</b>
<b>Department</b>	<b>Academy</b>
<b>Reports to</b>	<b>Academy Head of Performance Support</b>
<b>Responsible for</b>	<b>NA</b>
<b>Purpose of role</b>	
To provide Nutritional support to Peterborough United Academy players (U9-U21), delivering a comprehensive programme that is in line with the Sports Science / Nutrition programme and the Academy philosophy.	

### Main Duties

#### Duties

- Deliver a Performance nutrition programme that reflects best practice and scientific principles in order to maximise performance.
- Provide face to face Nutritional support to the PDP and YDP phase
- Contribute to and support the development of the Academy Performance Plan
- Identify and facilitate appropriate communication methods to explain the most effective use of Pre, During & Post match Nutrition
- Support the player education process through education around supplements
- Maintain a comprehensive, indexed database of work conducted.
- Run Nutrition workshops for all academy players, parents and host families
- Provide insights based nutritional support for injured youth players, in conjunction with the Multi Disciplinary Team (MDT).
- Develop and implement innovative and evidence-based nutrition education sessions and resources to increase nutrition knowledge throughout the Academy levels for players, parents and colleagues.
- In conjunction with the MDT, assist with player fitness and strength development, and body composition through nutritional interventions.
- Work collaboratively with the MDT on the development of each player as part of the 6-12 weekly multidisciplinary review process
- Attend match days as directed to assist/implement nutritional provision and provide post-game recovery support where appropriate.
- Maintain records of all nutrition interventions and track measurable outcomes linked to nutritional practices (body composition, nutritional knowledge, anti-doping awareness, hydration etc.)

#### Other responsibilities

- Be available to travel to other sites outside of their region (if required)
- Be aware of the PUFC policies, procedures & best practise so that concerns of non-compliance can be raised at all times e.g. Safeguarding, Inclusion, Diversity
- Work within the club processes. Seek advice & guidance if required ensuring employees and processes work seamlessly together
- Attend meetings, training and professional updating as and when required
- To adhere to existing working practices, methods, procedures, undertake relevant training and development activities and to respond positively to new and alternative systems.
- To maintain confidentiality, observe data protection and associated guidelines where appropriate.
- Self-assess and work on own personal and professional development

- To uphold the values of Peterborough United Football Club (PUFC) and not tolerate offensive, discriminatory or intimidating language or behaviour.
- To act as an ambassador/role model for PUFC and uphold the club's commitment to EDI, H&S and safeguarding.
- To ensure PUFC provides a level playing field for all its fans, players and guests.
- Promote an inclusive environment within the club for colleagues, supporters and visitors, championing a zero-tolerance approach to bullying, harassment and victimisation
- Promote EFL and FA regulations and ensure compliance with these.
- Be responsible for reporting any concerns to a senior colleague in relation to equality, health and safety and safeguarding immediately

In addition to these responsibilities carry out such duties as may reasonably be required. The above duties are a guide to the nature of the work required & are not intended to reflect all tasks associated within the role.

### **Person Specification**

These are the attributes you need to be to be considered for this role. All criteria are essential unless stated as desirable only. To be considered for working at PUFC we expect you to share and demonstrate Our Values. These are a key part to you getting the most out of work at Peterborough United Football Club.

#### **Experience & Qualifications**

- BSC in Nutrition or a related discipline (Essential)
- A qualification at higher degree level (or equivalent) in Sports Science from a recognised University (Desirable)
- ISAK level 1 or willingness to undertake training (Desirable)
- Practitioner Registrant on UK Sport & Exercise Nutrition Register (Desirable)
- Experience of working in an elite sport environment or working with elite youth athletes (Desirable)
- Nutrition qualification e.g. SENr Accredited (or ability to complete accreditation within an agreed time period). (Desirable)

#### **Skills and personal attributes**

- Experience providing nutrition support to elite youth athletes and coaching staff
- Awareness of the challenges of working in a high-performance environment
- Able to create and maintain positive working relationships with key stakeholders
- Able to deliver nutritional support on a group and individual basis
- Proficient in the ability to use skinfold assessments to measure body composition
- Well-presented and professional
- Plan and prioritise workload and own administration so that deadlines and standards are met
- High level of integrity and discretion
- Strong work ethic with a can-do attitude with drive and self-motivation
- Good IT skills
- Accuracy and attention to detail including good written and verbal skills.
- Ability to own issues to resolution