



Placement Title: Performance Nutrition Intern

Reports to: Head of Performance and Lead Performance Nutritionist

Hours: 40 Hours each week. Please note, evening and weekend working will be expected

Placement Duration: July 2024 – July 2025

Closing date: Monday 8 April 2024

Please note this placement is unpaid.

Placement Purpose:

This placement is suited to a sports and exercise student who is keen to specialise in sports nutrition and looking to gain practical experience in a professional sport environment. The role will be full time with many of opportunities for continuous professional development throughout. The purpose of this position is to assist with the day to day running of the nutrition provision for the 24/25 season and assist in nutrition support and player education throughout the Club. The intern will assist in delivering high class support as part of a high performance intern team and work within an interdisciplinary team of practitioners and coaches.

Main Tasks & Responsibilities:

- To work with the Lead Performance Nutritionist in providing high quality nutrition support across Leicester Tigers.
- Provide logistical support to the senior team for all field-based sessions
- Assist in the day to day delivery of nutrition support at the Club including setting up and running the nutrition/hydration station, preparation of ergogenic and nutritional aids for training, shakes preparation, player weigh ins, supplement administration and logging, match prep, stock taking etc.
- Assist with the provision of nutrition support to the Leicester Tigers Academy.
- Assist at match days as required and provide logistical support to the senior team for all field-based sessions
- Contribute positively to the team environment and culture. Support the club's high standards, ambition, unity and hard work.
- Use of Nutritics software for dietary analysis.
- Willingness to engage with and support continuous professional development through internal and external opportunities e.g. journal articles, case review, conferences and course.
- Undertake additional duties as requested by your line manager from time to time.

The ideal candidate will be:

- A student undertaking an Undergraduate Degree in Sports and Exercise Science or equivalent (essential) and completed a sports nutrition-related module (desirable).
- Experience of working with athletes or within a professional sporting environment (desirable).
- UKAD Advisor or Clean Coach Certificate (desirable).
- Level 2 Food Safety Certificate (desirable).
- Confident and approachable



- Excellent verbal and written skills
- Good communication skills with the ability to engage with a wide range of stakeholders
- IT literate

Additional Information

- The placement will run from July 2024 – July 2025 (subject to change)
- It is desirable that candidates base themselves within commute distance of Oval Park Training Ground in Oadby for the duration of the placement.

How to Apply:

Please download an **application form** from our website, and send this completed to jointheteam@tigers.co.uk by **Monday 8 April 2024**.