**Performance Nutrition Specialist Standard Job Description**

**Classification Title:** Performance Nutrition Specialist

**FLSA Exemption Status:** Exempt

**Pay Grade:** 9

**Job Description Summary:**

The Performance Nutrition Specialist, under direction, provides performance nutrition counseling and education to student athletes.

**Essential Duties and Tasks:**

**25% - Performance Nutrition Counseling and Education**

Provides performance nutrition counseling and education to student athletes.

Develops team education sessions including demo kitchen classes and shopping tours.

Serves as an instructor at CHAMPS classes and new student orientation.

**20% - Nutrition Management and Coordination**

Manages nutrition and meals, and coordinates with operations staff on nutrition and training table meals.

Assists in the design of nutrition and food service facilities.

**20% - Evaluation and Research of Nutritional Supplements**

Evaluates nutritional supplements and diets purported to enhance performance.

Translates the science into practical information for coaches, athletic trainers, and student athletes.

Researches and analyzes scientific reports related to nutrition and athletic performance.

Authors departmental policies regarding nutritional supplements.

**10% - Creation and Marketing of Educational Materials**

Creates and generates performance nutrition education materials.

Assists in the development of performance nutrition logos and marketing materials to promote nutrition services.

**10% - Body Composition and Health Assessment**

Assesses body composition via Dual X-ray absorptiometry (DEXA).

Assists in the treatment of student athletes affected by health/eating disorders.

**10% - Coordination with Medical and Training Staff**

Meets regularly with team physicians, athletic trainers, and strength and conditioning coaches to discuss nutritional needs for teams and special needs for specific student athletes.

**5% - Recruitment and Public Speaking**

Assists in the recruiting process for sports programs.

Speaks at Junior Days and football official visits.

**20% Manager’s discretion**

The hiring manager can adjust the percentage of time and create additional duties and tasks up to 20% the total.

**Qualifications**

**Required Education & Experience:**

Bachelor’s degree in applicable field or equivalent combination of education and experience.

Five years of related experience in sports nutrition.

**Required Licenses and Certifications:**

Registered and licensed dietician.

**Required Special Knowledge, Skills, and Abilities:**

Knowledge of sports nutrition counseling.

Ability to multitask and work cooperatively with others.

Ability to present information clearly and concisely.

**Preferred Qualifications:**

None

**Machines and Equipment:**

Computer 5 hours

**Other Requirements or Other Factors:**

Travel and/or working extended hours on short notice. This position is required to handle Protected Health Information (PHI) as defined by Health Insurance Portability and Accountability Act (HIPAA) regulations, in accordance with System policy; and further required to complete HIPAA training as a condition of employment, within a reasonable timeframe after employment, and on an as-needed basis thereafter.

**Preferred Other Factors:**

None

**Is this role ORP Eligible? If so, it needs to meet the criteria on the** [**Rules and Regulations of the Texas Higher Education Coordinating Board**](https://reportcenter.highered.texas.gov/reports/data/user-friendly-version-of-ch-25/)**.**

**Yes**

**No**

**Does this classification have the ability to work from an alternative work location?**

**Yes**

**No**