

## DESCRIPTION FOR CANDIDATES

Title:	Undergraduate Nutrition Placement
Salary:	£Unpaid
Location:	Loughborough
Hours of Work:	3-5 days/week
Start Date:	July-August 2016
Duration:	9-12months
Responsible to:	CEO: Martin MacDonald <i>Operations Manager: Katherine McFarthing</i>

### SUMMARY OF POSITION

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Mac-Nutrition ([www.Mac-Nutrition.com](http://www.Mac-Nutrition.com)) is an established nutrition consultancy, providing services to the general population, corporate sector and sporting bodies, teams and individuals as well as education programs to health and fitness professionals. The successful applicant will work closely with the Mac-Nutrition team both on external contracts and on in-house projects.

The right candidate must be passionate enough about nutrition to want to spend time dedicated to reading research, writing articles and developing an understanding of what excellent practice looks like. Applicants must have a desire to work under the Mac-Nutrition brand and to diligently and faithfully act as a promoter of the company's philosophies.

### TO GET IN TOUCH



enquiries@mac-nutrition.com



01509 400 150



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## KEY RESPONSIBILITIES, TASKS AND ACTIVITIES

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- Assisting in the day to day running of Mac-Nutrition
- Initially and ongoing, to development areas that will benefit practice e.g. presentation skills, sport/clinical nutrition, food diary analysis etc.
- Shadowing talks, workshops and lectures, and contributing to tasks as required
- Attending, and actively participating in Mac-Nutrition talks, conferences and events
- Supporting Mac-Nutrition’s nutritionists with individual client work
- Analysis of food diaries using appropriate software
- To keep up to date with the relevant current literature and new developments in the area of nutrition
- Playing an active part in keeping the Mac-Nutrition website and social media platforms up to date including but not limited to:
  - Conducting research reviews on nutrition related topics
  - Creating sample recipes matched to appropriate nutritional goals
  - Creating resources for the Mac-Nutrition website and Mac-Nutrition clients
  - Writing posts and content to go out on the Mac-Nutrition Facebook and Twitter profiles
- Working towards competencies outlined by The Nutrition Society and/or Sport and Exercise Nutrition Register
- Making significant contribution to Mac-Nutrition’s large on-going projects
- Any other duties as may be requested

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## PERSON SPECIFICATION

### QUALIFICATIONS AND EXPERIENCE

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#### Essential

- Currently studying a BSc in a related area
- Must have covered modules in nutrition
- Is well versed with Mac-Nutrition and our activities
  - e.g. has been to one of our events/1-day workshops; has followed us for many years; has written articles for us; understands our mission statement

#### Desirable

- Previous attendee of a Mac-Nutrition Mentorship
- Experience of the planning and delivery of nutrition related presentations
- Experience of individual client support

### KNOWLEDGE

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#### Essential

- A basic knowledge regarding nutrition for health and weight loss
- A basic understanding of the use of supplements and ergogenic aids to support health and performance

#### Desirable

- An understanding of the use of supplementation for various clinical issues
- A basic knowledge regarding clinical and sports nutrition
- A basic understanding of the health and fitness industry as a whole
- An awareness of the impact of psychology on the effectiveness of nutritional interventions

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## ESSENTIAL SKILLS AND ABILITIES

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### Essential

- Ability to work under pressure
- Ability to prioritise own workload, and balance conflicting demands and tight deadlines
- Good problem solving and decision making skills
- Ability to communicate fluently, in English

### Desirable

- Ability to think critically
- Proficient in the use of social media

## PERSONAL DISPOSITION

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- Has a demonstrable interest in sport, health and/or fitness
- Availability/willingness to observe and support various activities and projects within Mac-Nutrition at short notice
- Personal commitment to continuous personal professional development
- Displays an energetic, positive and helpful attitude
- Open minded with a view to adopting new practices
- A desire to have the right answers, not simply to ‘be right’
- Highly motivated with a passion for nutrition
- Personal integrity and the ability to invoke trust and respect from others

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## MISCELLANEOUS

### OTHER CONSIDERATIONS

- Ability to work irregular and unsocial hours as required involving work outside normal office hours, at evenings, weekends and Bank Holidays
- Ability to travel within the country, including occasional overnight stays

### LOCATIONS

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- The normal place of work for the post is detailed in the job description
- You may be required to travel to and work/observe at other locations

### PROBATION

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- The first three months of this appointment will be regarded as a probationary period

## APPLICATIONS

Please download the application form from the careers page on our website: [www.Mac-Nutrition.com/Nutrition-Jobs](http://www.Mac-Nutrition.com/Nutrition-Jobs)

Applications should be sent to [Applications@Mac-Nutrition.com](mailto:Applications@Mac-Nutrition.com)

Deadline for applications: 1<sup>st</sup> April

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