

## DESCRIPTION FOR CANDIDATES

<b>Title:</b>	MSc Nutrition Student Internship
<b>Salary:</b>	£Unpaid
<b>Location:</b>	Loughborough
<b>Hours of Work:</b>	24 hours/week (variable and flexible; availability to work outside normal office hours is essential)
<b>Start Date:</b>	As soon as possible
<b>Duration:</b>	12months and ongoing into paid work
<b>Responsible to:</b>	<i>CEO:</i> Martin MacDonald <i>Head of Nutrition:</i> Sarah Duffield

### SUMMARY OF POSITION

---

Mac-Nutrition ([www.Mac-Nutrition.com](http://www.Mac-Nutrition.com)) is an established nutrition consultancy, providing nutritional services to the general population, corporate sector and sporting bodies, teams and individuals. The MNU certification ([www.Mac-NutritionUni.com](http://www.Mac-NutritionUni.com)) is the UK's first ever 12-month, evidence-based online nutrition course. The successful applicant will work closely with the Mac-Nutrition and MNU teams both on external contracts, in-house projects, the provision of MNU and our professional mentoring platform. The role is designed to give a hard-working, dedicated student a supported and structured route to becoming a sought after nutrition specialist and ultimately gain employment as an integral part of the Mac-Nutrition team at the end of their MSc studies and internship.

The right candidate must be passionate enough about nutrition to be willing to spend time outside of allocated working hours dedicated to reading research and articles, listening to podcasts and developing their professional practice. 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 215 211



Mac-Nutrition Online Community



MacNutrition



## KEY RESPONSIBILITIES, TASKS AND ACTIVITIES

---

- Assisting in the day-to-day running of Mac-Nutrition, MNU and the Mac-Nutrition Mentoring Lab
- Initially and ongoing, to up-skill various areas that may need development e.g. presentation skills, sport/clinical nutrition, food diary analysis etc.
- Initially shadowing talks, workshops and lectures with a view to prepare materials and present them to various clients of Mac-Nutrition
- Attending, and actively participating in Mac-Nutrition talks, conferences and events
- To keep up-to-date with relevant current literature and new developments in the area of nutrition
- Analysis of food diaries using appropriate software
- Playing an active part in keeping the Mac-Nutrition and MNU websites and social media platforms up-to-date including but not limited to:
  - Fielding MNU student questions and queries
  - Conducting research reviews on nutrition related topics
  - Writing nutrition based articles for [Mac-Nutrition.com](http://Mac-Nutrition.com)
  - Creating sample recipes matched to appropriate nutritional goals
  - Writing posts and content to go out on the Mac-Nutrition Facebook and Twitter profiles
- Attendance and active participation in meetings regarding revenue generation
- Making significant contribution to Mac-Nutrition's large on-going projects
- Ultimately to provide high level, individualised nutrition support to Mac-Nutrition clients including all the necessary tasks related to this
- Working towards competencies outlined by The Nutrition Society and/or Sport and Exercise Nutrition Register
- Any other duties as may be requested

## TO GET IN TOUCH



enquiries@mac-nutrition.com



01509 215 211



Mac-Nutrition Online Community



MacNutrition



## PERSON SPECIFICATION

### QUALIFICATIONS AND EXPERIENCE

---

#### Essential

- BSc in Nutrition, Dietetics or Sport & Exercise Science (or 3<sup>rd</sup> year student willing to study for an MSc alongside the internship)
- Currently studying an MSc in nutrition, dietetics or a related area
- 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

- Registered Nutritionist or Dietitian (or equivalent)
- ISAK Level 1 Accreditation
- Previous attendee of a Mac-Nutrition Mentorship
- Previous Mac-Nutrition Mentoring Lab Subscriber
- Previous MNU student
- Experience of the planning and delivery of nutrition related presentations
- Experience of delivering individual client support

### KNOWLEDGE

---

#### Essential

- A broad knowledge regarding nutrition for health and weight loss
- An understanding of the correct application of food diaries, their analysis and feedback to clients
- 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

### **ESSENTIAL SKILLS AND ABILITIES**

---

#### **Essential**

- Ability to work under pressure
- Ability to prioritise own workload, and balance conflicting demands and tight deadlines
- Excellent problem solving and decision making skills
- Ability to think critically
- Ability to communicate fluently, in English
- Ability to communicate complex information in terms that are easily understood by a wide range of audiences
- Excellent computer competency skills

#### **Desirable**

- Excellent presentation and communication skills
- Proficient in the use of social media
- An understanding of marketing and business in the health and fitness industry

## PERSONAL DISPOSITION

---

- 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, helpful, 'above and beyond' attitude
- Is confident in front of an audience
- 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 & respect from others
- Has a demonstrable personal interest in sport, health and or fitness

## 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

---

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

## PROBATION

---

- The first 3 months of this appointment will be regarded as a probationary period



## APPLICATIONS

Please complete the application form by following [this link](#)

**Deadline for applications: 9<sup>th</sup> April 2017**

### TO GET IN TOUCH ▶



enquiries@mac-nutrition.com



01509 215 211



Mac-Nutrition Online Community



MacNutrition

