

## DESCRIPTION FOR CANDIDATES

Title: Graduate Nutrition Intern  
Salary: £Unpaid  
Location: Loughborough and across the UK  
Hours of Work: ~24-32 hours/week  
*(flexible; availability to work outside normal office hours is essential)*  
Start Date: July/August 2015  
Duration: 9-12 months  
Responsible to: CEO: Martin MacDonald  
Operations Manager: Katherine McFarthing

### SUMMARY OF POSITION

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Mac-Nutrition is an established consultancy, providing nutritional services to the general population, corporate sector and sporting bodies, teams and individuals.

The successful applicant will work closely with the Mac-Nutrition team both on external contracts and in-house projects. The role is designed to give a hard working, dedicated graduate a supported and structured environment to gain experience as a route to developing an evidenced based career in nutrition.

The right candidate must be passionate enough about nutrition to be willing to spend time outside of allocated working hours dedicated to reading research, writing articles 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.



## KEY RESPONSIBILITIES, TASKS AND ACTIVITIES

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- Assisting in the day to day running of Mac-Nutrition
- 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 eventually preparing materials and presenting them to various clients of Mac-Nutrition
- To keep up to date with the 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 website up to date including but not limited to:
  - 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
- 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 400 150



Mac-Nutrition Online Community



MacNutrition



## PERSON SPECIFICATION

### QUALIFICATIONS AND EXPERIENCE

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#### Essential

- BSc in Nutrition or Dietetics  
or
- BSc in Sport & Exercise Science (or related area) and enrolled on a postgraduate qualification in nutrition e.g. IOC dip, ISSN dip, part-time MSc
- 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

- ISAK Level 1 Accreditation
- Previous attendee of a Mac-Nutrition Mentorship
- Experience of the planning and delivery of nutrition related presentations to moderate to large groups
- Demonstrable experience in the provision of nutritional support
- Registered Nutritionist or Dietitian (or equivalent)

### KNOWLEDGE

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#### Essential

- A broad 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 broad 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

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### 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 communicate fluently, in English

### Desirable

- Excellent presentation and communication skills
- Proficient in the use of social media
- Ability to communicate complex information in terms that are easily understood by a wide range of audiences

## PERSONAL DISPOSITION

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- Has a demonstrable personal 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
- 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 and respect from others

## MISCELLANEOUS

### OTHER CONSIDERATIONS

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- 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 will be required to travel to and work 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 our [careers page](#) and send to [Applications@Mac-Nutrition.com](mailto:Applications@Mac-Nutrition.com)

Deadline for applications: 27<sup>th</sup> May 2015