

## DESCRIPTION FOR CANDIDATES

- Title:** Health & Performance Nutritionist
- Salary:** £17,500 - £22,500 pro rata (*Negotiable for those who can demonstrate considerable experience*)
- Location:** Loughborough  
(*You will be required to travel to and work at other locations on occasion*)
- Hours of Work:** 45 hours/week  
(*Variable & flexible; availability to work outside normal office hours is essential*)
- Start Date:** July-August 2018 (*earlier start dates preferred*)
- Duration:** Ongoing
- Responsible to:** CEO: Martin MacDonald  
Head of Nutrition: Sarah Duffield

### SUMMARY OF POSITION

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The Mac-Nutrition Collective is a syndicate of companies working to promote and further true evidence-based nutrition, through education, mentoring and consultancy. It consists of Mac-Nutrition ([www.Mac-Nutrition.com](http://www.Mac-Nutrition.com)), the MNU Certification ([www.Mac-NutritionUni.com](http://www.Mac-NutritionUni.com)) and the Mac-Nutrition Mentoring Lab ([www.Mac-NutritionMentoringLab.com](http://www.Mac-NutritionMentoringLab.com)).

This is an exciting opportunity to join a vibrant and world-renowned company in the field of nutrition. Be part of a unique and developing core team in a fast moving and ever adapting environment, where your opinions and thoughts are valued. The successful applicant will work closely with the Mac-Nutrition team both on external contracts and in-house projects and must have a desire to work with a wide variety of clients from the general public to fitness enthusiasts and athletes.

A key component of the role will also include an opportunity to work as part of the Mac-Nutrition Uni Team, supporting both tutors and students.

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.

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## KEY OPPORTUNITIES AND ACTIVITIES

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- Assisting in the day to day running of Mac-Nutrition, Mac-Nutrition Uni and the Mac-Nutrition Mentoring Lab
- Assisting colleagues and playing an active part in projects relating to MNU, The Mentoring Lab or client work including but not limited to:
  - Researching information for presentation content
  - Providing evidence-based answers to Mentoring Lab member nutrition questions
  - Conducting research reviews on nutrition related topics
  - Creating and uploading sample recipes matched to nutritional goals
  - Creating mentoring videos and resources for use within the Mentoring Lab
- Attendance and active participation in meetings regarding revenue generation
- Initially shadowing talks, workshops and lectures with a view to eventually preparing materials and presenting them to various clients of Mac-Nutrition and students of MNU
- Writing nutrition based articles and position stands for [Mac-Nutrition.com](https://www.mac-nutrition.com)
- Structured CPD time outside of paid working hours is expected. This will include activities such as:
  - Attendance at key talks delivered by Mac-Nutrition consultants
  - Reviewing research on nutrition related topics and writing synopses
  - Listening to nutrition-specific podcasts
  - Active participation in MNU staff study sessions
  - Working towards competencies outlined by The Nutrition Society/Sport and Exercise Nutrition Register
- Any other duties as may be requested

## PERSON SPECIFICATION

### QUALIFICATIONS AND EXPERIENCE

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#### Essential

- BSc in Sport and Exercise Science, Nutrition, Dietetics or related area
- A qualification at higher degree level (MSc or equivalent) in Nutrition or Dietetics
- 3+ years of demonstrable experience in the provision of nutritional support

#### Desirable

- MNU Student or Graduate
- Mac-Nutrition Mentoring Lab Subscriber
- Previous attendee of a Mac-Nutrition Mentorship
- Registered Nutritionist or Dietitian (or equivalent)
- ISAK Level 1 Accreditation
- Additional experience or certifications within specialist areas e.g. eating disorders, diabetes management, behaviour change/MI etc.
- Experience lecturing/teaching or working within an educational setting
- Experience of the planning and delivery of nutrition related presentations to moderate to large sized groups

### KNOWLEDGE

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#### Essential

- Extensive knowledge regarding nutrition for health and weight loss
- An excellent understanding of different dietary strategies to support health and weight loss

#### Desirable

- 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, prioritise own workload, and balance conflicting demands and tight deadlines
- Excellent problem solving and decision making skills
- 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

## PERSONAL DISPOSITION

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- 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
- Has a demonstrable personal interest in sport, health and or fitness

## MISCELLANEOUS

### PROBATION

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- 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: Monday 30<sup>th</sup> April 2018**