
Sports Nutritionist Resume

Job Objective

To be given the opportunity to secure a position as Sports Nutritionist with dependable organization looking to grow and expand.

Highlights of Qualifications:

- Substantial experience of planning, development and management of sports nutrition programs for athletes
 - In-depth knowledge of all applicable rules and regulations of athletic governing bodies
 - Exceptional knowledge of signs, symptoms, and treatment of eating disorders
 - Familiarity with anthropometric measurements and fitness/exercise physiology concepts
 - Ability to maintain effective communication with various athletes, coaches and clients
 - Ability to adhere to established food service quality and safety procedures
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Professional Experience:

Sports Nutritionist
NC State University, Tulsa, OK
August 2012 – Present

Responsibilities:

- Determined and analyzed fitness and nutritional needs of each athlete.
- Planned, delivered and managed nutrition services for all assigned athletes and coaches.
- Prepared, assessed and implemented sports-specific meal plans for athletes.
- Provided sports nutrition related information and guidance to athletes and coaches.
- Assisted with fitness specialty areas such as, cardiovascular training, strength training and weight management.
- Interacted with staff, athletes, coaches, NSA and other national sporting organizations, positively and regularly.

Sports Nutritionist
Sports Academy, LLC, Tulsa, OK
May 2009 – July 2012

Responsibilities:

- Conducted nutrition assessment, counseling and education of athletes.
 - Determined, suggested and provided specific nutritional supplements, pre-competition meals and recovery meals.
 - Participated in nutrition workshops, seminars, and lecture sessions, as required.
 - Guided sports medicine staff, coaches, interns, volunteers and administration on nutritionally relevant issues.
 - Assisted with creation and execution of quality assurance and safety programmes.
 - Adhered to all applicable NCAA rules and regulations related to sports nutrition.
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Education:

Bachelor's Degree in Nutrition
Chapman University, Orange, CA

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