



### **Sports Nutrition Internship:**

This internship is an opportunity for dietetic students to play an integral role in our NFL Combine Training Program. It will allow students to apply the skills they have learned from school to real experiences in the fitness and performance field, as well as learn new skills to prepare them for a career in sports dietetics. Responsibilities of students will include helping staff and Registered Dietitian with NFL Combine Training Program duties. These tasks may include:

- Nutrition analysis via Nutribase software program
- Preparation of athlete's pre and post-workout nutrition
- Observation of individual consultations
- Redesigning or developing educational handout
- Menu modification and development
- Meal planning to meet athletes goals
- Body Composition assessments
- A Sports Nutrition presentation is required in last week of program.

### **Qualifications and skills required:**

- Current senior enrolled in CADE accredited dietetic program, ADA internship, or post-collegiate graduate in field of nutrition, dietetics, sports nutrition, or related field
- Strong interest and passion for sports nutrition
- Effective leader with strong communication skills
- Ability to work normal business hours with some Saturday hours (expect 40-45hrs/week)

### **Time of Internship Availability:**

January 2, 2011 – February 24th, 2011

- Session 1: Jan 2 – Jan 27, 2011 (2 interns accepted)
- Session 2: Jan 31 – Feb 24, 2011 (1 intern accepted)

### **Application Process:**

- September 30<sup>th</sup>: Application due – application consists of a cover letter and resume. Within cover letter please indicate preference in Session 1 or 2 if desired.
- October 7<sup>th</sup>: Applicants are informed if they will receive an interview
- October 10-19<sup>th</sup>: Interviews will take place for qualified candidates. In person interview is strongly encouraged. If travel is a barrier, phone interviews may be conducted.
- October 24<sup>th</sup>: Applicants are informed if they qualified for internship

For questions please contact Lindsay Langford, MS, RD, CSSD - [lqlangfo@stvincent.org](mailto:lqlangfo@stvincent.org)