



JOB DESCRIPTION & RESPONSIBILITY STATEMENT

1. **JOB TITLE:** Nutrition Internship, Munster Rugby (paid internship)

2. ROLE AND PURPOSE OF THE POSITION

The Nutrition Intern will develop and deliver nutrition support to the Rugby Development programme, Talent Camps and Academy under the supervision of the Lead Performance Nutritionist.

The position is based at the High-Performance Centre (HPC), Limerick and attendance for meetings at the HPC will be required. However, this is a remote role where mobility is a key term of your contract with a requirement to travel as required between any training grounds or place of operation of Munster Rugby within the Munster region.

This is 6-month fixed term, part time contract with 150 days (max. 6hrs per day) of service required during that period. This may include working outside of normal office hours, at evenings, weekends and on public holidays.

3. REPORTING:

Operational: Lead Performance Nutritionist, Munster Rugby

Functional: CEO, Munster Rugby

4. WORKING RELATIONSHIPS

The primary working relationships of this position will be with the Munster Rugby Lead Performance Nutritionist and Coaching staff of Munster Rugby. Under supervision, help develop and implement the provision of a full range of nutritional support services to Munster Rugby.

5. KEY QUALITIES

- Undergraduate degree in sport & exercise science, nutrition or dietetics (or equivalent)
- Currently studying or have recently completed (<1-2 years), a recognized post-graduate degree in sport & exercise science, nutrition or dietetics (or equivalent) *.
- Have a good level of IT literacy.
- Ability to work well with others
- Ability to prioritize and plan workloads according to scheduling demands

- Ability to build positive relationships with key stakeholders
- Excellent attention to detail
- Clean, full drivers licence

6. RESPONSIBILITIES

- Undertake an agreed structured programme of mentoring and CPD
- Contribute to the development and delivery of nutrition support in the rugby development programme
- Alongside the club nutritionists develop a nutrition education curriculum
- Contribute to the delivery of nutritional support to the Summer Rugby Development programmes
- Promote messages of clean sport and anti-doping across a range of age grade programmes
- Where suitable, work with individual Academy & Sub-Academy players on nutrition to support health and performance goals
- Develop a research understanding of performance nutrition
- Create nutrition education resources for digital platforms

The above statements are intended to describe the general nature and level of work required from this position. They are not intended to be an exhaustive list of all responsibilities and activities required. The holder of this position is required to respond with a flexible approach when tasks arise which are not specifically covered in this job description.

7. FURTHER REQUIREMENTS

- The role will involve training, supervising and working with children and young people. The successful applicant will therefore be required to apply for vetting through the National Vetting Bureau.
- The successful applicant must provide two references prior to commencement of the role (current employer or academic tutor).

**Candidates having undertaken post-graduate study in the same field as their undergraduate degree will be considered, but a combination of study is desirable.*