

What is a...

Sports

Nutritionist?

careers
in sport.

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Meet James, a Sports Nutritionist for Gloucester RFU

James is a Sports Scientist for Gloucester rugby team. He adapts the diets of players, guides their eating schedule and also works alongside the team regularly to maximize their recovery periods after matches.



Average Salary:

£24,000 to £40,000 per year

Weekly working hours:

35 to 39 irregular. You could work:
evenings / weekends / events

Future need for this role:

There will be 4% more Sports
Nutritionist jobs in 2025.

Industry:

Sports Science

What does your role as a nutritionist involve?

A sports nutritionist needs to be able to educate, strategise, inspire, and motivate athletes to help them make food choices to optimise health, and maximise their performance.

A sports nutritionist will agree goals with the athlete and the other coaches across a multi-disciplinary team and then work towards those, translating science into useable information for the athlete.

What qualifications and experience are required?

The Sports and Exercise Nutrition Register (SENr) is fast becoming the badge of quality that athletes can trust.

Whichever way you start your training as a sports nutritionist I would recommend aligning yourself with the criteria to becoming registered. This in most cases will mean completing a postgraduate masters in sports nutrition, and many of the best are aligned with SENr competency framework.

One piece of advice for young people?

Get out there and work with athletes. Also practice specific foods and drinks yourself around competition and big training sessions. Sports nutrition as an end product is very individual and finding out what works for you and actioning it will help your own education.