

# National Talent Pathway Nutritionist - West

This role is responsible for delivering nutrition support to players and key stakeholders in our National Talent Pathway (NTP) programme. With support from the Head of Nutrition and Lead Pathways Nutritionist, you will be responsible for delivering an evidence-informed, athlete-centred service which accelerates the development of our pathway players. Working closely with our coaches and MDT, this role is critically positioned to influence performance both upstream (to senior academy), downstream (to rugby development) and laterally in the National Age Grade programme.



## About the Role

### Key Responsibilities:

#### Service Delivery

- Provide practical and accessible nutrition support to all NTP players within your regional remit
- Identify and facilitate appropriate communication methods, including workshops, presentations and digital content to inform and educate with consideration of behaviour change science
- Support key stakeholders beyond the player group to drive standards and consistency in nutrition
- Align to one of the National Age Grade Programmes (Scotland U18 / U19 / U20) during international windows of competition
- Profile and continually monitor player nutrition status and integrate nutrition into the Player Development Plans
- Develop, manage and contribute to project work and/or applied research across the organisation as appropriate

#### Strategy Development

- Work closely with the Head of Nutrition, Lead Pathways Nutritionist and fellow NTP Nutritionist to develop and implement a high-performance nutrition strategy aligned with the pathway objectives
- Develop the "Nutrition Blueprint" for the NTP programme ensuring upstream, downstream and lateral alignment
- Engage with internal, academic, and industry partners to benefit the understanding and delivery of nutrition support to the pathway programme
- Build a culture of nutrition excellence through engagement and continuous learning
- Participate in regular performance development review.

#### Governance and Compliance

- Comply with the maintenance, quality control, and record keeping of nutrition products and equipment across sites, ensuring excellence in governance standards are routinely met
- Maintain professional and ethical standards in line with SENr and Scottish Rugby policy
- Promote the role of food and nutrition within rugby and the wider rugby community, being an ambassador for health and performance

## Stakeholders

This role works with a wide variety of internal and external stakeholders to ensure collaborative working across all areas:

- National Talent Pathway colleagues and Players
- Head of Nutrition, Lead Pathways Nutritionist and wider Nutrition Team
- National Age Grade Programme colleagues
- Coaches, Parents and School contacts
- Head of Player Pathways and Regional Game Development
- High Performance Department colleagues

*"Our ambition is that everyone in Scottish Rugby feels a sense of 'belonging' by being clear on the purpose of their role, feeling valued as a member of the team, and connected to colleagues across all areas of the organisation"*

## Key Skills

- **Communication:** You deliver clear, engaging, and appropriately tailored messages that drive understanding and action. Demonstrating strong interpersonal skills, empathy, and creativity to educate players and staff effectively in fast-moving, high-pressure environments.
- **Influence:** You shape behaviours and decisions through trust, presence, and confident conversations. You'll guide players and staff toward better choices, holding standards, challenging constructively, and leading with initiative.
- **Agility:** Staying effective and composed in rapidly changing situations. You'll need to adapt plans quickly, thinking on your feet, prioritising well, solving problems proactively, and embracing the unpredictability of a high-performance rugby environment without compromising standards.

## Knowledge & Experience

- Degree in Nutrition, Dietetics, or Sports Science
- Higher degree in Sport & Exercise Nutrition
- Registration with Sport and Exercise Nutrition Register (SENr) – Graduate minimum (*please specify in your application if you are awaiting approval*)
- Minimum of 1 year's post-graduate experience as a practicing registered performance nutritionist, preferably in team sports
- Experience in or evidence of understanding the education needs of young players, using a food-focused approach to optimise health and performance.
- Experience in using varied methods to communicate complex scientific information in digestible forms
- Experience of working as part of an interdisciplinary team
- Experience of analysing the nutritional needs of a sport considering the physical, developmental and cultural demands.
- Satisfactory PVG check
- A full, valid driving licence is essential

## Working Logistics

**Location:** Scotstoun Stadium, Glasgow

**Working pattern:** Full time, the ability to work flexible hours due to working in sport, this will include evening and weekend working and at times may involve an irregular work pattern. The role will also involve regional travel and may involve national and/or international travel through the National Age Grade Programme.

**Contract type:** Fixed Term, 3-year contract.

**Reports to:** Lead Pathways Nutritionist



**Brave – Clarity – Passion – Belonging**