

Women's Pathway Nutritionist

This role delivers nutrition support to players and key stakeholders in our Women's Performance Pathway. With support from the Head of Nutrition, you will provide an evidence-informed, player-centred service that accelerates the development of our players and builds the nutrition habits that will serve them throughout their careers.



About the Role

Service Delivery

- Provide practical and accessible nutrition support to players in our Pathway programmes (National Academy Programme and National Talent Pathway).
- Identify and facilitate appropriate communication methods, including workshops, presentations, and digital content to inform and educate with consideration of behaviour change theory.
- Support key stakeholders beyond the player group to drive standards and consistency in nutrition (e.g. coaches, parents, caterers)
- Support the Scotland U18 and U21 National Women's programmes through their respective domestic and international campaigns.
- Profile and continually monitor player nutrition status and drive the integration of nutrition into Player Development Plans.
- Coordinate with chefs, catering providers, and operations colleagues for home, travel, and away nutrition support across pathway programmes.
- Utilise Teamworks AMS to provide connected nutrition support and assess the impact of nutrition interventions.

Strategy Development

- Work closely with Head of Nutrition to develop and implement a high-performance nutrition strategy aligned with the pathway objectives.
- Develop the "Nutrition Blueprint" for the pathway programme ensuring upstream and lateral alignment.
- Engage with internal, academic, and industry partners to benefit the understanding and delivery of nutrition support to the Women's programme.
- Build a culture of nutrition excellence through engagement and continuous learning.

Governance & 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 Academy Programme and National Talent Pathway players and colleagues
- Head of Nutrition and wider Scottish Rugby Nutrition team
- Women's Central Programme and National Team colleagues
- High Performance and Rugby Development Department colleagues
- Scottish Rugby Nutrition partners and suppliers

*"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"*

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Key Skills

High Performance

- **Passion-Performance:** You'll bring a clear and controlled passion for nutrition, not as a standalone agenda, but as a driver of performance outcomes. Consistently championing nutrition's role as a key contributor to short- and long-term development.
- **Communication:** You deliver clear, engaging, and contextually tailored messages which translate complex information into understanding and action, even in high-pressure environments. Demonstrating strong interpersonal skills, empathy and creativity, throughout.
- **Influence:** You shape behaviours and decisions through trust, presence, and confident conversations, guiding players and colleagues towards better choices, holding standards and challenging constructively.

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 years' post-graduate experience as a practicing registered performance nutritionist, preferably in team sports
- Evidence of understanding the education needs of young players, using a food-focused approach to optimise health and performance
- Experience of working in an interdisciplinary manner
- Satisfactory PVG check
- A full, valid driving licence is essential

Working Logistics

Location: Edinburgh – Scottish Gas Murrayfield and Oriam High Performance Centre

Working Pattern: Full time, the ability to work flexible hours due to working in performance sport, this will include evening and weekend working and involve an irregular work pattern. The role may also involve regional, national and international travel.

Contract Type: 2-year, Fixed Term Contract

Reports To: Head of Nutrition