



**ATHLETIC CORPORATION
CALIFORNIA STATE UNIVERSITY, FRESNO
Position Description Form**

Employee Name: _____	Fresno State ID #: _____
Position Title: <u>Director of Sports Nutrition</u>	FLSA Status: <u>Exempt</u>
Department: <u>Athletic Corporation</u>	Date Prepared: <u>9/2024</u>

POSITION DESCRIPTION

Overview:

Under direction of the Senior Associate Athletics Director/SWA and within the umbrella of Sports Medicine Services, the Director of Sports Nutrition will work closely with the Sports Medicine Staff and Strength and Conditioning Staff in supporting the athletic and nutritional goals of coaches and student-athletes. Within this collaborative group they will work to advance the overall objective of meeting the sports performance goals of all of the departments' intercollegiate athletic teams.

Essential Functions:

- **Policy Development** - Collaborate with Sports Medicine and Strength and Conditioning in development of policy and procedures relative to nutrition education, weight and body composition management, use of dietary supplements, prevention of heat illness and dehydration, fueling for optimal performance, ergogenic aids, injury and illness recovery and sport-specific nutrition.
- **Education for Teams, Coaches and Sports Performance Areas** - Provide counsel and recommendations to coaching staffs for nutrition during home and away competition as needed for sport specific fueling needs. Develop, coordinate, and implement nutrition education, cooking programs and grocery store tours for student-athletes independently and in collaboration with student-athlete development programming. Oversee nutrition education material development, social media interactions, and student-athlete dining education material development. Assess and counsel student-athletes and staff on appropriate and legal use of dietary supplements, banned drugs and restricted substances in compliance with sport governing bodies; e.g. NCAA, U.S. Anti-doping Agency (USADA), World Anti-doping Agency (WADA) and the Fresno State Athletics Department.
- **Nutrition Management** - Oversee and manage Sports Nutrition budget including ordering, inventory, and procurement of goods through vendors for fueling stations. Serve as the department lead on the development and implementation of nutrition/fueling station programs. Compile reports for athletic administration, including but not limited to usage, frequency, peak times, etc.
- **Coordinate with Sports Medicine Staff and Team Physicians** - Participate as a member of an interdisciplinary team on medically related nutrition concerns including medical screenings, treatment, and ongoing medical management. Coordinate appropriate medical nutrition therapy for concerns such as disordered eating, anemia, diabetes, bone mineral disturbances, amenorrhea, hypertension, gastrointestinal concerns, food allergies and intolerances, and other medical conditions. Coordinate the management of student-athlete blood work and supplementation for nutrient deficiencies as prescribed by sports medicine staff and team physicians. Provide consistent communication to coaches, strength coaches, athletic trainers, team physicians, mental health staffs and administration regarding sports nutrition and sports performance related issues. As a member of this interdisciplinary team, assist in the assessment and counseling of student athletes regarding sport-specific and gender-specific recommendations for optimal body composition and weight for good health and athletic performance.
- **Coordinates Individual Nutritional Counseling** - Coordinate the assessment, education, and counseling of student-athletes to include fueling for optimal performance, weight management, dietary supplements, prevention of heat illness and dehydration, ergogenic aids, sport injury and illness, sport-specific nutrition. Provide outpatient nutrition counseling services including evaluation, interpretation of patient data, treatment, reevaluation, and discharge planning of patients referred from other health professionals and those utilizing direct access.
- **Miscellaneous** - Meet with prospective student-athletes as part of the recruiting process as requested and available. Maintain professional competency and certifications required for professional practice, including but not limited to

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current food, nutrition, and health issues and research related to sports nutrition. Maintain knowledge of and compliance with specific NCAA, Mountain West Conference, and institution rules that relate to this position. Assist in advancing the department's mission, vision, and strategic plan including its commitment to equity and diversity. Position will work flexible hours which may include early mornings, evenings and weekends and periodic travel with teams.

Supervisory Responsibility:

Who supervises this position:	Senior Associate Athletics Director for Sport Services/SWA
Who is responsible for completing the performance appraisal:	Senior Associate Athletics Director for Sport Services/SWA
What other classifications does this position supervise:	Sports Nutrition Interns, Fellows & Nutrition Undergraduate Students

Required Education, Experience, Knowledge, Skills and Abilities:

Knowledge of:

- Considerable knowledge of the principles and practices of effective management and supervision, motivation, and performance evaluation.
- Sports nutrition and the use of dietary supplements.
- The latest principles, practices and trends related to student athlete health, nutrition and health.

Skill/Ability to:

- Exercise professional independent judgment and discretion.
- Work effectively with individuals from diverse ethnic, cultural and socio-economic backgrounds and project a professional attitude.
- Ability and willingness to support the diversity and equity commitments of the department.
- Counsel athletes on safe practices to minimize injuries, illnesses and in maintaining good health.
- Assess and analyze dietary practices, body composition, and energy balance of athletes in the context of athletic performance and health.
- Counsel athletes on optimal nutrition for exercise training, competition, recovery from exercise, weight management, hydration, and supplementation.
- Continuously evaluate and develop processes that establish a collaborative, high performance, player first culture that supports athletes.
- A history of regular attendance and positive performance evaluations.

Education and Experience:

- Bachelor's degree from an accredited four-year institution in Nutrition or related field.
- Minimum of two years professional experience working with college age population, collegiate student-athletes or other high-performance athletes (i.e., Professional and/or Olympic athletes).
- Registered Dietitian (Commission on Dietetic Registration) or Registered Dietitian Eligible with credential obtained within 6 months of hire.

Preferred Skills:

- Master's degree in Nutritional Sciences or related field.
- Certified Specialist in Sports Dietetics (CSSD).
- Three or more years of professional experience.
- Familiarity with NCAA regulations regarding supplements and health and safety of student athletes.
- Experience managing Division I Athletic Fueling Stations and Training Table Program.



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 Department: Athletic Corporation Date Prepared: 9/2024

WORKING ENVIRONMENT

Check the appropriate box which most accurately describes the extent of the specific activity performed by the employee on a daily basis. If the activity is performed less than one (1) hour each day, check the N/A box.

PHYSICAL EFFORT

	Number of hours/day						Number of hours/day				
	N/A	1-2	3-4	5-6	7+		N/A	1-2	3-4	5-6	7+
1. Sitting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	12. Lifting or carrying					
2. Standing	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	A. 10 lbs. or less	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Walking	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	B. 11 to 25 lbs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Bending Over	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	C. 26 to 50 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Crawling	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	D. 51 to 75 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Climbing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	E. 76 to 100 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Reaching overhead	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	F. Over 100 lbs.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Crouching	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. Repetitive use of hands/arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. Kneeling	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. Repetitive use of legs	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Balancing	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. Eye/hand coordination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
11. Pushing or pulling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
						Yes	No				
16. Driving cars, trucks, forklifts and other equipment	<input type="checkbox"/>					<input type="checkbox"/>	<input checked="" type="checkbox"/>				
17. Being around scientific equipment and machinery	<input type="checkbox"/>					<input type="checkbox"/>	<input checked="" type="checkbox"/>				
18. Walking on uneven ground	<input type="checkbox"/>					<input type="checkbox"/>	<input checked="" type="checkbox"/>				

MENTAL EFFORT

	Number of hours/day				
	N/A	1-2	3-4	5-6	7+
1. Directing Others	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Writing	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Using math/calculations	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Talking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. Working at various tempos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. Concentrating amid distractions	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Remembering names	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Remembering details	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Making decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Working rapidly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
11. Examining/observing details	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Discriminating colors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ENVIRONMENTAL FACTORS

	Number of hours/day				
	N/A	1-2	3-4	5-6	7+
1. Inside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Outside	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Humid	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Hazards	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. High places	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Hot	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Cold	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Dry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
9. Wet	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Change of temp	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Dirty	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Dusty	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Odors	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Noisy	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Working with others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
16. Working around others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
17. Working alone	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>