



Role Profile Head of Nutrition

Role Reports To: Performance Director

Role Purpose: Responsible for the delivery of all evidence based nutritional & hydration interventions to facilitate optimum performance of all 1st team players. This post will record and oversee all legal and evidence-based supplementation, as well as regularly monitor/measure each player. The postholder is expected to liaise and design all menus with the Head Chef, as well as maintain a supervisory role with the Head of Academy nutrition to provide a consistent club wide nutritional service.

Main Responsibilities and Accountabilities

- Oversee all nutritional interventions for each player
- Maintain consistent records for all player measurements and Nutrition Department budgets
- To liaise and consult with Head of Medical, Sport Science and Strength & Conditioning
- Provide support and direction with Head of Academy Nutrition
- Deliver information to players and staff where required utilising workshops, presentations & infographics
- Consistently audit player's hydration and fuelling for both match day and training.
- Provide supervision and direction to any Intern placed in the Nutrition Department.
- Any other reasonable duties and responsibilities which your line manager or another senior manager at the club asks you to perform.
- Demonstrate commitment to Safeguarding by adhering to relevant policies, procedures and values relating to safeguarding children and adults at risk
- Support the Club's commitment to equality, diversity and inclusion

Qualifications, Key Skills & Experience

Essential

- SENr Accreditation
- ISAK Level 1 (current) with supporting TEM
- Post Graduate Degree in Nutrition
- PhD or candidate preferred
- Excellent interpersonal and communication skills
- Detailed knowledge of meal presentation and preparation
- Ability to create infographics, screencasts, and presentations at a high standard

Desirable

- Previous experience with 1st Team EPL Team or equivalent
- Extensive knowledge and experience in High Performance Sport Science and Strength and Conditioning
- An ability to translate complex evidence-based information into understandable and motivational advice
- Previous experience of and continued desire to contribute to research projects in highly regarded peer reviewed industry journals

Disclosure and Barring Service Check Requirement

- This role will be subject to an enhanced disclosure including a barred list check

Aston Villa Football Club is an inclusive institution that provides a welcoming environment to supporters, the local community, customers, employees, contacts and competitors. We want to ensure that the Club and all its subsidiaries are free from discrimination of any kind, embracing all regardless of age, race, disability, gender reassignment, pregnancy and maternity, sexual orientation, marriage and civil partnership, sex (gender), religion or belief.

Aston Villa Football Club is fully committed to safeguarding children and adults at risk across our Club. As such, we adhere to Safer Recruitment processes and for some roles a satisfactory enhanced disclosure via the Disclosure & Barring Service may be required prior to starting in a role at the Club. For more

information, please see [Aston Villa Football Club | The official club website | AVFC - Safeguarding](#)