

Purdue University

Mentor: Lauren Link

Approximate Start Date: July 1, 2022
8-month program duration

We feel strongly that Purdue Athletics provides a SNIP fellow a great opportunity to learn and grow their sports nutrition skillset. At Purdue, a fellow would be consistently exposed to at least 5 other RD, CSSD's – as well as a large team of Athletic Trainers, Physicians, Sports Psychologists and Strength & Conditioning coaches, as well as an opportunity to be part of a collaboration between academics and athletics. A fellow at Purdue will work to develop autonomy with their student-athletes and teams, and will get exposure to a wide variety of people, technology, and situations – all in a fun, collaborative, and family-oriented environment.

Everything we do for our teams and student-athletes is with the goal of maximizing their performance and health, and elevating the expertise that a Sports Dietitian provides. All tasks should align with our mission statement: Purdue Sports Nutrition strives to empower our athletes to reach their full potential ON and OFF the field of play by providing evidence-based, collaborative care and teaching lasting skills/habits.

We expect a SNIP fellow to assist with football, as well as oversee women's volleyball, men's swimming, and men's tennis. If a fellow was interested in weight-class sports and deemed a good fit, there would also be potential to assist heavily with wrestling. A SNIP fellow will work up to functioning just like any other member of our full-time staff. This includes, but is not limited to:

- Individual counseling - meet 1-on-1 with athletes from primary sports
- Team education - including formal presentations, on the spot talks, food demos, and dining hall/grocery store tours
- Athlete dining - menu oversight for team meals, athlete grab n' go lunch, catering coordination
- Fueling station management - field nutrition questions, manage undergrad workforce, and develop/fine-tune protocols as needed
- Collect and analyze DEXA data – each athlete gets 3 scans/year. Our staff creates reports, meets with support staff and coaches to explain results, and counsels athletes on dietary intervention based on scan results (body comp and BMD).
- Team nutrition support – travel menus/snack bag coordination, supplement evaluation/coordination/documentation, recruiting presentations, and occasional team travel
- Miscellaneous - student-athlete garden, social media content development, and assisting with Boiler Life After SporT (BLAST) programming as needed.

As to be expected with working Fall sports like volleyball & football, a fellow can expect that the Summer months of July and August to be the heaviest workload, up to 70 hours/week. Once the

season begins, this backs off slightly, closer to 50 hours/week through the end of the season. In the Spring, hours are much closer to an average 40 hour work week.