

University of Arkansas

Mentor: Karla Horsfall

Approximate Start Date: Between July 1, 2023, and August 1, 2023

8-month program duration

The University of Arkansas Sports Nutrition Department strives to develop high level and well-rounded sports dietitians. We are continually looking for ways to enhance our program with new ideas, personalities, and experiences in addition to grow our staff to better support our athlete's needs. With the continued growth of our profession, the needs for new, competent sports dietitians is constant. Providing opportunities to help mentor these young professionals is important to the Sports Nutrition profession and our program sustainability. It is a personal passion to share my knowledge and expertise, make a positive impact on others, give back to the sports nutrition community, and help develop leadership skills.

The SNIP fellow will primarily support football/ Director of Football Nutrition and be the primary dietitian for one small Olympic team. This team will be determined based on interest and experience in addition to the department's needs. The SNIP responsibilities may include, but not limited to:

- Conducting individual and team nutrition education and counseling o Coordinating pre and post training nutrition
- Assisting with competition and travel nutrition o Participating in travel with team/teams
- Collaborate with an interdisciplinary team of coaches, strength and conditioning staff, and sports medicine staff.
- Serving as a nutrition and food resource for sport coaches Overall support of the Sports Nutrition Program
- Develop and design education materials as needed.
- Participate in the department's social media account.
- Conduct team presentations, cooking classes, and grocery store tours
- Work with Assistant Athletic Director for Sports Performance Nutrition and Sports Nutrition Center culinary team to deliver and monitor Sports Nutrition Center Services
- Provide education and mentorship of sports nutrition to undergraduate nutrition employees and volunteers.

The SNIP will work independently for 10 hours with their respective team, 20-30 hours collaboratively with football, and will have 3-5 hours set aside each week with myself. This individualized time with myself will be used to help the SNIP discuss and work through challenges, work on professional growth, and provide insight on the philosophies of our program and departmental growth.