

## **Iowa State University**

### **Mentor: Nicole Kiley, MS, RD, CSSD**

Approximate Start Date: July 2024

8-month program duration

Program Description: Iowa State University (ISU) is known for its rich tradition, welcoming culture and care for PEOPLE. As one of the most heavily funded nutrition departments in the Big 12 Conference, we use our robust staffing and fueling services to provide first-class nutrition services to our 450 student-athletes and 16 sports teams. As a SNIP, you will be challenged to lead nutrition services with select Olympic teams, while also leveraging the support and resources of your fellow 4 full-time registered dietitians, 20 paid student-workers, dietetic interns, in-house Training Table and culinary experts. Our Sports Nutrition Department has a seat at the table with administration, sports performance members and coaches. The momentum within our Sports Nutrition Department and Athletics Department is high and now is the best time to jump in and grow!

Our mission is to provide holistic nutrition services that support student-athlete academic, athletic, and life-long success. As registered dietitians, we strive to be clinically-sound, therapy-informed and food service/operations-minded practitioners. Each institution operates uniquely in how it utilizes its registered dietitians. Here at ISU, we are fortunate enough to have the staffing and facility infrastructure to provide maximal support for our student-athletes.

As a SNIP, you will work up to operating like any other registered dietitian on our staff. This includes but is not limited to:

- Providing individual nutrition counseling to primary sport assignments and complete appropriate EMR documentation and IDT collaboration
- Creating and executing team educations: formal presentations, mini team talks, food/cooking demos, dining hall/grocery store tours, student-athlete development programming
- Leveraging our in-house Training Table (where we shine!) to build rapport with athletes, develop pre-game menus, provide soft education, and dine-in yourself (job perk!)
- Rounding at our monthly High-Risk Nutrition Meeting (disordered eating and eating disorders) and weekly nutrition department meeting
- Attending weekly team practice and/or lift
- Research and presenting to nutrition and IDT on assigned nutrition topics with the purpose of policy development and enhancement
- Miscellaneous: supporting team members as needed with fueling station operations, student-worker trainings, social media content development, and more

Our team is collaborative, hard-working and growth-minded. By nature of where our offices are located (we are all near each other, inside our centralized sports performance building), we are able to stay organized and operate very fluidly. This position will have primary oversight of 2 Olympic teams (teams will be determined based on best fit for SNIP) and generally will not service football. However, if you are passionate about receiving a brief exposure to football for your overall professional development, we are equipped to provide this with the priority still being Olympic team support.

## Why Iowa State University?

- Low cost of living, meals and gear as job perks, strong fan-base and athletic department culture
- Men's Basketball Big 12 Champions 4 out of past 10 years, Sweet 16 Appearance (2022)
- Women's Basketball current Big 12 Champions (2023), Sweet 16 Appearance (2022)
- Men's Cross Country with 5<sup>th</sup> Place NCAA Finish (2023)
- Women's Tennis with Elite 8 NCAA Finish (2023)
- Men's Wrestling 11<sup>th</sup> Place NCAA Finish (2023)
- Women's Volleyball has competed in NCAA Championship Tournament 15 of last 18 years

For more information about ISU Sports Nutrition, please email Nicole Kiley at [nkiley@iastate.edu](mailto:nkiley@iastate.edu).