



Sports Nutrition Internship Opportunity

University of South Carolina Gamecocks

Our Olympic sports nutrition program oversees about 500 student-athletes competing at the SEC conference level. We are so excited about the growth and opportunities happening in this field of nutrition!

We are looking to build our team by mentoring interns who have a desire to work with athletes. Our internship programs are exceptional because we take the time and care to make sure we are helping you reach your professional goals. Your experience with us will be unmatched and the skills and abilities you learn will last a lifetime.

These positions are UNPAID but can be used for class credit and hands-on experience. Internships typically follow the school's semester schedule but we are flexible if needed.

Preferred Qualifications

- Entering senior year or in dietetic internship. Graduate studies are a plus.
- Working toward or completion of degree in programs such as Exercise Science, Public Health, Physiology, Kinesiology, Biomechanics, Nutrition, etc.
- Available 10-20 hours per week if volunteering and available full time if dietetic intern – Non-traditional work schedule: including early mornings, late nights, weekends, and holidays
- Able to lift at least 50lbs

Internship Purpose: To support sports nutrition initiatives by providing physical presence and intern skill-level work to teams by working with the dietitian and sports performance staff.

Sports Nutrition Intern job duties include: <ul style="list-style-type: none">• Food inventory management• Menu selection for team travel• Food ordering• Cleaning/serving/stocking food nutrition station for teams	Example Schedule: <p>8am- Breakfast check-in and eat with team</p> <p>9am- Food production for team snacks</p> <p>10am- "Lift & Learn" with strength staff</p>
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<ul style="list-style-type: none"> • Serve food & fluid at practice and games • Collect and use data for research & evaluation • Communicating with team and athletes • Manage performance and recovery nutrition initiatives with strength & conditioning team • Coordinate nutrition education initiatives (such as a cooking class for the athletes) • Creative content development for nutrition online media and social media • Build relationships with teams and coaches • Assist in food production with dining services • Assist with athlete assessment (such as body composition) and testing • Appointment scheduling & check-ins (front & back office) 	<p>11am- Clean & restock fueling station</p> <p>12pm- Lunch with team</p> <p>1-3pm- Observe team practice - Provide pre/post workout nutrition</p> <p>4pm- Mentorship session with sports dietitian</p> <p>5pm- Restaurant menu selection for team travel</p>
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Intern Progression

Phase 1: “I do”

Observe and shadow. Ask thoughtful questions. Respond to prompts. Independent research on topics learned in-person. Intern will perform entry-level tasks based on the needs of the supervisor.

Phase 2: “We do”

Intern will collaborate to engage with athletes, teams, and programs with entry-level tasks.

Phase 3: “You do”

Intern will be assigned a special project by mentor in a real-life or simulated scenario and present their work or service to the sports performance team.

Phase 4: “You teach”

Intern will move to a new position of "intern student-leader" and onboard new volunteers and interns into the program. Teaching skills learned and practicing mentorship.

Phase 5: "Part of the family"

Have you demonstrated Gamecock level excellence at every level? Let's talk about the next step in your career with our program. This level is reached by invitation only.

If interested, please send

- 1.) Your updated resume with contact info and 2 professional references
- 2.) A brief cover letter which includes a list of goals you hope to achieve by working with us and
- 3.) An idea of your timeline for starting and duration of your internship.

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