# Sports Nutrition

## About this area of study

As a field of study, sports nutrition is primarily concerned with understanding the importance of nutrition for health and the nature of food and nutrition supplements for maximising physical performance. Graduates can generally find work in the health, fitness and sports performance industry, as it relates to the impact of nutrition on performance and body composition. Graduates also find employment in private practice, business, government, industry or community settings.

Sports Nutrition covers sport and exercise nutrition for pre-, during and post activity considering various sporting activities and body composition considerations. Food and fluid choices for maximising sport and exercise performance are considered with protein and carbohydrate requirements. Exercise nutrition for special populations will be integrated into the unit material including the needs of older adults, female exercisers and the overweight to deliver a broad range of sports and exercise nutrition knowledge. Health industry claims are evaluated with a critical analysis of nutrition claims made for performance enhancement.

When applying for a job as a Nutritionist, it is recommended that you call yourself a Tertiary Qualified Nutritionist. Or, for higher recognition of your qualifications you can contact the

Be aware that as a Nutritionist or Food Scientist you cannot work in a hospital or be referred to by doctors and you cannot claim Medicare or Health Fund rebates, which is only allowed to Dietitians. To qualify as a Dietitian it is necessary to complete an accredited undergraduate course, or the Master of Dietetics. To be eligible to apply to the Master of Dietetics at Deakin University, students need to include biochemistry, biochemistry metabolism and food composition in their undergraduate studies. This course is a three semester professional training program designed to meet the accreditation requirements of the Dietitians Association of Australia. If you study Sports Nutrition as part of your Dietetics qualification, then you are able to start specialising as a Sports Dietitian and should think about joining Sports Dietitians of Australia (SDA) to help you network and to find jobs in Sports Nutrition. To join SDA, you must be a member of DAA.

**Courses offered by Deakin University include**

- Bachelor of Exercise and Sports Science

## Labour market information

Grads online has information regarding graduate salaries and where graduates go after completing their course www.gradsonline.com.au

Job Outlook has information about the labour market outlook http://joboutlook.gov.au

Note: Much of the labour market information available for Sports Nutritionists is combined with other allied health professions such as Dietitians, please take this into account when viewing this information.

## Related occupations

- Sports administration
- Coaching
- Facility management
- Community health
- Sport science
- Food technologist
- Food development researcher
- Food and nutrition policy officer
- Food product development officer
- Nutritionist
- Product buyer
- Health promotion officer
- Rehabilitation

An industry career profile, salary and other employment information can be obtained from the My Future website www.myfuture.edu.au

Descriptions of occupations can be found at The Job Guide www.jobguide.thegoodguides.com.au

## Employers

Australian Institute of Sport www.ausport.gov.au/ais

Department of Health www.health.vic.gov.au

Sporting Pulse www.sportingpulse.com

ALF www.afl.com.au

Nestle www.nestle.com.au

Heart Foundation www.heartfoundation.org.au

Sanitarium www.sanitarium.com.au

GNC www.gnclivewell.com.au

Sport and Recreation Victoria www.sport.vic.gov.au

Geelong Football Club www.gfc.com.au

YMCA www.ymca.org.au

Fernwood Fitness Clubs www.fernwoodfitness.com.au

Cricket Australia www.cricket.com.au

Cycling Australia www.cycling.org.au

**For specific employment opportunities**

Deakin University Jobshop www.deakin.edu.au/jobshop

Health and community jobs www.hacjobs.com.au

Sport Jobs www.sportjobs.com.au

Job Seeker www.jobseeker.org.au

Science Alert www.sciencealert.com.au

Victorian government health jobs www.health.vic.gov.au/jobs

Graduate Opportunities www.graduateopportunities.com

Uni Grad www.unigrad.com.au

Seek www.seek.com.au

My Career www.mycareer.com.au

Career One www.careerone.com.au

## Professional associations

Nutrition Australia www.nutritionaustralia.org

Nutrition Society of Australia www.nsa.asn.au

Dietitians Association of Australia www.daa.asn.au

Australian Institute of Food Science and Technology www.aifst.asn.au

Australian Association for Exercise and Sport Science www.aaess.com.au

Australian Fitness Network www.fitnessnetwork.com.au

Vic Sport www.vicsport.asn.au