

Job Title: Sports Nutritionist

Organisation: Fencing Association of India (FAI)

Location: As per training camps, competitions, and official programmes

General Description

The Sports Nutritionist will be responsible for planning, monitoring, and advising on nutrition strategies to enhance athlete performance, recovery, and overall health. The role supports fencers across training camps, national championships, and international competitions in coordination with coaches, medical staff, and high-performance programmes.

Key Responsibilities

1. Athlete Nutrition Planning

- Assess nutritional requirements of fencers based on training load, competition schedule, and individual needs.
- Develop and implement nutrition plans for training, competition, and recovery.
- Guide hydration, weight management, and competition-day nutrition.

2. Training Camps & Competition Support

- Provide nutrition support during national coaching camps, championships, and official international events.
- Advise on meal planning at hostels, hotels, and competition venues.
- Support athletes in managing nutrition during travel and competition schedules.

3. Education & Awareness

- Conduct nutrition education sessions for athletes, coaches, and support staff.
- Promote awareness of safe dietary practices and performance nutrition.

4. Anti-Doping & Compliance

- Ensure nutrition advice complies with NADA and WADA regulations.
- Coordinate with medical staff to prevent inadvertent anti-doping violations.
- Assist in anti-doping education and awareness programmes organised by FAI.

5. High Performance Support

- Work closely with coaches, physiotherapists, and the High Performance Committee.
- Monitor athlete response to nutrition plans and make adjustments as required.

6. Reporting & Documentation

- Maintain basic nutrition-related records and reports.

- Provide inputs for athlete monitoring and performance reviews when required.

Qualifications & Experience

- Master's degree in Sports Nutrition / Clinical Nutrition / Dietetics or a related discipline.
- Recognised professional certification in sports or clinical nutrition.
- Minimum 2–4 years of relevant experience, preferably working with competitive or elite athletes.

Skills & Competencies

- Strong knowledge of sports performance nutrition.
- Understanding of anti-doping rules and compliance.
- Ability to work collaboratively within a multidisciplinary sports environment.
- Good communication and counselling skills.
- Professional ethics, discretion, and organisational discipline.

Reporting

- The Sports Nutritionist will work in coordination with the High Performance Director, Coaches, Physiotherapist, and High Performance Committee.

Application Procedure

Eligible candidates may send their applications along with a detailed CV to:

Email: comm@fencingindia.org

Subject Line: *Application for Sports Nutritionist – Fencing Association of India - [Full Name]*