

Job Description – Sports Nutritionist, Para Sports

Position: Sports Nutritionist – Para Sports

Location: Secunderabad, Telangana

Engagement: Offline / In-Person / hybrid

Visits: Frequency and duration of visits may be negotiated based on athlete and programme requirements.

Role Overview

The Sports Nutritionist will provide **individualized, performance-oriented nutrition support** the para athletes, aligned with their training requirements, recovery needs and competitive goals.

The Nutritionist will work closely with the Head Coach and coaching team to ensure athletes receive appropriate nutrition guidance throughout their training and competition cycle.

Key Responsibilities

- Conduct **individualized nutritional assessments** based on each athlete's training, performance and dietary requirements.
- Prepare personalized **nutrition and diet plans** aligned with training schedules and performance goals.
- Monitor nutritional progress, dietary adherence and relevant performance indicators.
- Coordinate with the **Head Coach, Assistant Coaches and Coordinator** to align nutrition with training intensity, recovery and competition schedules.
- Provide guidance on **pre-training, post-training, hydration, recovery and competition nutrition**.
- Review and update nutrition plans based on athlete progress and changing training requirements.
- Provide individualized nutrition support irrespective of the number of beneficiaries enrolled.

Desired Profile

- Degree/Master's in **Sports Nutrition, Nutrition & Dietetics, or a relevant field**.
- **3+ years of experience in Sports Nutrition**, preferably working with competitive, elite or para athletes.
- Experience in **performance nutrition, athlete recovery and competition preparation**.
- Good understanding of nutritional requirements for **high-performance athletes**.
- Experience working with coaches and multidisciplinary sports teams preferred.
- Understanding of the specific nutritional requirements of **para-athletes** will be an advantage.

Preferred Experience

Candidates with experience supporting athletes participating at **National, International, World Championship, Asian Games/Para Games, Commonwealth or Paralympic-level competitions** will be preferred.

Experience working within a **high-performance sports programme** will be an added advantage.

Mode of Engagement

The role will be **offline and in-person**, requiring the Nutritionist to visit the training campus and interact directly with athletes and the coaching team.

Visit frequency and duration can be mutually negotiated based on athlete requirements, training schedules and competition calendars.

Ideal Candidate

A qualified **Sports Nutritionist with 3+ years of experience in performance nutrition**, preferably with competitive or para athletes, who can provide individualized nutrition planning, monitor athlete progress and work closely with the coaching team to support high performance and competition goals.

How to Apply:

Interested candidates may send their resume at **sahyogcare4u.jobs@gmail.com** by clearly indicating the Job Title in the subject line along with the following information:

- a. Current Location
- b. Current Salary
- c. Salary Expectation

Without proper subject-line, applications will be rejected. Only shortlisted candidates will be informed.