Activity: Investigating a Career as a Sports Dietitian

Lab Description: The goal of this lab is to develop an understanding of the Sports Dietitian profession, the different areas of opportunity, and what the day in the life of a Sports Dietitian consists of depending on the area of focus.

Learning Objectives:
After completion of this lab, students will become more familiar with and gain a better understanding of career opportunities within the following realms:
1. Private Practice
2. College
3. Professional
4. Tactical
5. Lab/Sports Performance Facilities

Activity

Review all the resource links on the following page which provide examples of the different areas of Sports Dietetics.

Write a one-page summary of one or two of the settings that interest you. Include the following:

- The setting(s), what types of athletes they work with, and some of the services they provide
- Pros/cons, challenges and opportunities
- Other professionals they work with (athletic trainers, strength & conditioning coaches, sport coaches, food service staff, etc.)
- What makes the setting(s) attractive to you?
Resources

Sports, Cardiovascular and Wellness Nutrition (SCAN)

Collegiate and Professional Sports Dietitian Association (CPSDA): Top Ten Reasons to Hire a Sports RD

Private Practice Sports Dietitian Example

Collegiate Sports Dietitian Examples

Lauren Silvio with Auburn Football
Eat Right Pro TV: Jonathan Tanguay with Texas A&M University
Kristin Coggin with the University of South Carolina
ACC Digital Network: Kelsee Gomes from the University of North Carolina
Virginia Sports TV: Athletics Nutrition
Nebraska Huskers Nutrition
Nick Aures with the University of Wisconsin

Professional Sports Dietitian Examples

Jenn Gibson with the Chicago Bears
Bryan Snyder with the Denver Broncos
Joey Blake with the LA Rams
Jamie Meeks with the New Orleans Saints
Tyrone Hall with the LA Dodgers
Anthony Zamora with the Utah Jazz

Tactical Dietitian Example:
Kate Burks

Lab/Sports Performance Facilities:
Brett Singer from the Memorial Hermann IRONMAN Sports Medicine Institute
Brittney Bearden with Texas Health Sports Medicine
Gatorade Sports Science Institute labs in Bradenton, FL
Gatorade Sports Science Institute labs in Barrington, IL

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