

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](#)