



Job Description: First Team Performance Nutritionist

Job Title	First Team Performance Nutritionist	Date Prepared	May 2026
Reports to	Head of Performance	Hours of Work	Full time Flexible to include weekends, evenings, and bank holidays.
Direct reports	Sports Science Interns	Location	Vale Training Ground Cardiff City Stadium Away Match Travel

Job Role

Contribute towards Cardiff City's Performance and Medical Departments vision of optimising player availability and physical performance through elite, integrated, evidence-based performance nutrition support, specifically working with First Team players.

Key Responsibilities

- Lead the overall First Team nutrition strategy, ensuring alignment and the integration of elite nutrition practices.
- Ensuring the day-to-day implementation of performance nutrition support to First Team players; ensuring that each player's individual nutritional needs are targeted.
- Lead the planning and delivery of periodised nutrition strategies aligned with performance objectives, training and competition demands (e.g., "fuel for the work required").
- Oversee all matchday nutrition provision, attending home and away fixtures, delivering hands-on provision where required.
- Encourage and promote the implementation of "food first" approach to performance nutrition alongside evidence-based supplementation strategies (compliant with anti-doping regulations), across the First Team.
- Contribute to regular diagnostic profiling of players (e.g., body composition, blood profiles), analyse and report results, and be an integral part of the multi-disciplinary approach in effective interventions to improve physical performance.
- Be an integral part of the multi-disciplinary approach to return-to-play processes and develop effective nutritional interventions for the rehabilitation of injured First Team players.
- Collaborate with Chefs and catering staff to ensure menus are high quality, periodised, and tailored to individual and squad needs to promote adaptation and enhance physical performance.
- Support international players in maintaining nutrition programmes and club supplementation while on international duty.
- Liaise with players' external key stakeholders (e.g., personal chefs, private nutritionists,

trainers. Families, etc.) where required, maintaining alignment with the nutrition strategy.

- Coordinate the provision of supplements, establish and maintain relationships with various suppliers.
- Ensure data collection is maintained to the highest standard and utilised in an objective manner, in-line with physical performance benchmarks.
- Mentor and supervise the work of First Team sports science interns.
- Keep abreast of advancing knowledge and applications in sports nutrition and use this information to develop new evidence-based practices.
- Ensure compliance with health and safety regulations and healthcare governance procedures including the security and protection of confidential information.
- Contribute to the development of resources and educational aids.
- Contribute to a programme of in-house continued professional development.
- Any other reasonable duties and responsibilities the Head of Performance or any other senior manager at the Club asks you to perform.

Club Responsibilities

Health and Safety

- To take responsibility for your own health, safety and welfare, ensuring compliance with Cardiff City Football Club's Health and Safety Policy, procedures and safe systems of work.

Data Protection

- To take responsibility for the protection of personal data and confidential information, ensuring compliance with General Data Protection Regulations and Cardiff City Football Clubs Data Protection Policy.

Training & Development

- To undertake all reasonable training, learning and development activity designed to support you in your role.

Diversity and Equality

- To be responsible for your own behaviour and act in a manner that avoids and discourages any form of discrimination or harassment; to comply with Cardiff City Football Club's Equal Opportunities Policy.

Qualifications, Key Skills and Experience

Essential

- Undergraduate qualification in Sports Nutrition or related discipline.
- Registration with relevant professional body (e.g., SENr, HCPC).
- ISAK Accreditation (minimum Level 1).
- Experience of delivering performance nutrition support with elite athletes.
- Detailed understanding of physical performance principles in football, specifically within nutrition delivery.
- Excellent communication and relationship building skills.
- Advanced IT Skills.

Desirable

- Postgraduate qualification in Sports Nutrition or related discipline.
- HACCP and Food Safety Level 2.
- Experience overseeing catering provision in a performance setting.
- Experience of using data visualisation tools (e.g., Power BI, Tableau).
- Track record of working within multidisciplinary coaching and support teams in elite sport.
- Budget management experience.