

Nutrition and food relevance

Academic and employability skills

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1.



Key skills

Nutritionist

- Teamworking skills
- Keen interest in the impact of diet on health
- Good interpersonal skills
- Communication skills, including the ability to explain complex things simply
- An understanding of science
- Able to motivate others

Professional sports nutritionist

- Judgment and Decision Making
- Persuasion
- Mathematics Time Management
- Business skills for freelance work

2.



- Keen interest in the impact of diet on health
 - Good interpersonal skills
 - Team working skills
 - Able to motivate others
 - Passion for health & sport
- Communication and written skills
 - Lack of nutritional knowledge



- Learning new skills
 - Self-Employed
 - knowledge in science
 - Working with individual athletes in private practice
 - Personal knowledge
- Competitiveness in the field of nutrition
 - Experience

3.



Skills I have and skills I need for nutritionist

Skills I have

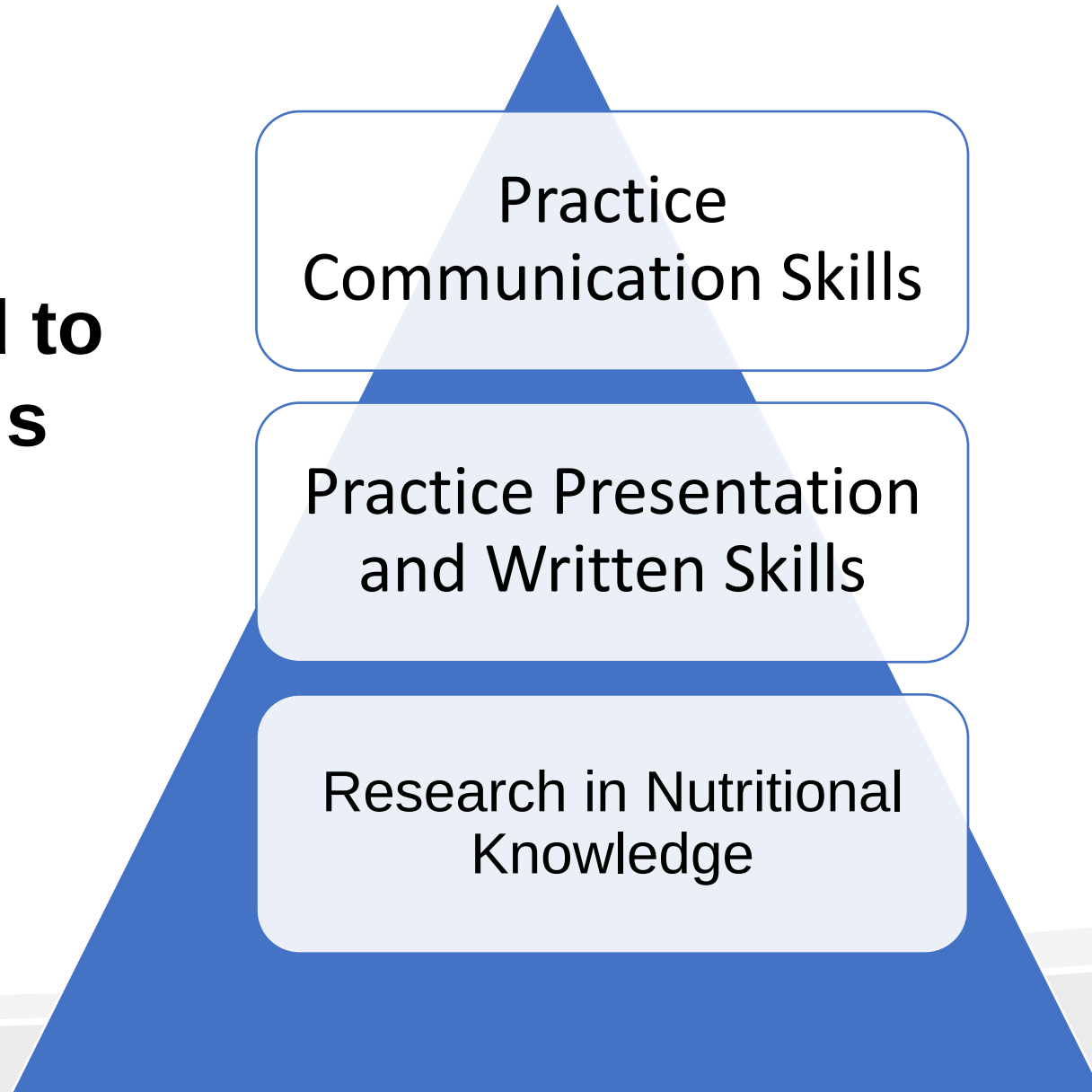
- Keen interest in the impact of diet on health
- Good interpersonal skills
- Team working skills
- Able to motivate others
- Passion for health & sport

Skills I need

- good communication skills including verbal, presentation and written
- Nutritional knowledge

4.

Action Needed to Improve Skills



5.



Summary

- Starting by reading nutrition books would give you a better focus on your career and a better focus on the subject.
- Improve your communication skills, presentation and written
- Look for an author with whom you feel identified and take notes

6.



References

- AGCAS editors (April 2021) Job profile 'Nutritionist'. Online.
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