846 Park Street, Arcadia, 0038, South Africa
Tel: +27 (0)12 344 5971 Fax: +27 (0)12 343 5285
Registration No: 116-523NPO VAT No: 4690264637
NPC NO: 2023 / 212012 / 08

2. SPORT NUTRITIONIST (CONSULTANT)

2. 1. JOB PURPOSE

To provide evidence-based sports nutrition services that support the health, recovery, training adaptation and competitive performance of Netball South Africa's designated athletes and teams. The consultant will develop practical, individualised and team-based nutrition strategies aligned with training loads, competition schedules, travel demands and athlete needs, while promoting safe, sustainable and culturally appropriate nutrition practices.

2.2. KEY RESPONSIBILITIES

- Assess athletes' nutrition needs and develop appropriate plans in line with sport demands, training phase, health needs and individual goals.
- Develop food-first strategies for energy availability, carbohydrate and protein intake, hydration, recovery and preparation for training and competition.
- Plan nutrition support for national camps, tournaments, travel, international tours and competition-day schedules.
- Provide guidance on pre-match meals, between-match fuelling, post-match recovery, hydration and recovery during congested competition schedules.
- Deliver athlete and coach education on sports nutrition, meal planning, food choices, hydration, supplements and common nutrition misconceptions.
- Collaborate with coaches, team managers, medical practitioners, physiotherapists and strength and conditioning staff to align nutrition with training and recovery.
- Identify nutrition-related concerns, including inadequate fuelling, problematic eating behaviours, possible low energy availability and unintended weight changes; refer to appropriate specialists when indicated.
- Advise on supplement risk, evidence, contamination and anti-doping considerations; prioritise food-first approaches and independently batch-tested products only where justified.
- Support appropriate catering and menu planning at camps and competitions, considering budget, availability, food safety, culture and dietary requirements.
- Monitor agreed nutrition-related indicators, evaluate programme delivery, maintain appropriate records and report recommendations to NSA.

2.3. MINIMUM REQUIREMENTS & QUALIFICATIONS

- Recognised qualification in dietetics or nutrition appropriate to the services offered, with specific sports nutrition expertise.
- Current HPCSA registration as a dietitian where required for the professional title and clinical/dietetics services provided; candidates must work within their verified scope of practice.

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Director Coaching: Dumisani Chauke ***Director Selections:*** Lana Krige ***Director Umpires:*** Magriet Bester
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- Demonstrable experience providing nutrition services to athletes, teams or physically active populations.
- Knowledge of sports nutrition, hydration, recovery, competition fuelling, travel nutrition, supplement safety and anti-doping principles.
- Ability to translate evidence into practical, affordable and culturally appropriate guidance for South African athletes.
- Strong communication, education, planning, recordkeeping and reporting skills; ability to work within a multidisciplinary performance team.
- Availability to consult and work flexibly during camps, tournaments and tours; willingness to meet applicable screening and safeguarding requirements.

Desirable: Postgraduate study or recognised specialist training in sports nutrition; experience with elite, national or professional teams; netball or other intermittent high-intensity team-sport experience; international competition support.

2.4. CORE COMPETENCIES

Applied sports nutrition • Evidence-informed practice • Athlete-centred communication • Competition and travel planning • Hydration and recovery strategies • Cultural competence • Supplement-risk awareness • Multidisciplinary collaboration • Professional ethics and confidentiality • Programme monitoring and evaluation.

2.5. JOB PROFILE, REPORTING & AUTHORITY

The consultant reports to the NSA Director of Coaches and works with national team coaches, team managers, medical personnel and performance staff. The role develops and delivers agreed nutrition plans, education, camp and competition support, and programme evaluations. The consultant may recommend nutrition interventions and specialist referrals but does not independently make medical diagnoses, prescribe outside their scope, or determine team selection or medical clearance.

2.6. KEY PERFORMANCE INDICATORS & DELIVERABLES

- Approved annual sports nutrition plan aligned with the NSA high-performance and competition calendar.
- Delivery of agreed athlete consultations, team education sessions and coach/staff guidance.
- Practical nutrition, hydration and recovery plans for designated camps, tournaments and tours.
- Timely menu/catering recommendations and travel nutrition plans where included in the contract.
- Appropriate monitoring of agreed nutrition-related indicators and athlete/coach feedback, with consent and privacy safeguards.

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- Periodic programme reports and evidence-informed recommendations; compliance with professional, ethical, safeguarding and data-protection requirements.

2.7. PROFESSIONAL & CONTRACTUAL REQUIREMENTS

The consultant must comply with applicable South African legislation, relevant HPCSA requirements where applicable, POPIA, professional ethical standards, anti-doping guidance and NSA policies. Athlete information must be handled securely and shared only on an appropriate lawful basis. The consultancy agreement will define scope, availability, fees, travel expenses, reporting, performance review, record handling, conflicts of interest and termination.

The closing date for this applications is **16 November 2026 at 16h00.** Only shortlisted candidates will be contacted for interviews. Should you not receive a response to your application within 14 days after the closing date, please consider it as being unsuccessful. **Application should be sent to** dumisani@netball-sa.org.za

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