

Our Mission: to help every athlete reach his or her full athletic potential, regardless of age, gender, limitation, sport, or natural ability.

Sports Performance Nutrition Internship

PURPOSE FOR THE POSITION OBJECTIVES

Michael Johnson Performance is dedicated to helping athletes reach their full potential. This internship is for those who share a similar passion for sports performance nutrition and want to gain experience. The 10-week experience will allow candidates exposure to working with NFL Combine athletes and gain experience in the areas of anthropometrics data collection, pre/intra/post training supplementation integration, meal tracking/monitoring, and weekly body composition monitoring.

SKILLS, KNOWLEDGE, ABILITIES & QUALIFICATIONS

- Self-motivated and proactive individuals
- Interested in perusing a career in the sports performance nutrition
- Anthropometric data collection (7-site skinfold, circumferences, BIA, pre/post photographs)
- Punctuality
- Strong familiarity with Microsoft Office (Word, Excel, PowerPoint)
- Excellent communication skills, both written and verbal required
- Team player and motivator skills required
- Decision-making, problem solving, and strategic planning abilities
- Positive attitude to work and be part of a team environment
- Ability to work under pressure using good task and time management skills
- Must be able to work with minimal supervision

JOB TYPE: Part-Time or Full-Time unpaid internship

IN LIEU OF COMPENSATION

- Nike Gear (Valued at \$250)
- Completion of Internship (Credentials for use on resume)
- Mentoring on the complex dynamics of customized nutrition planning for NFL Combine athletes

EDUCATION

- High school diploma or GED equivalent with at least 2 years of college completed
- Must be actively pursuing undergraduate or graduate degree

2018 - 2019 START DATES

December 27th

DUTIES & RESPONSIBILITIES

- Data collection and scribing during initial anthropometric assessments
- Fluid communication skills in interacting with athletes from various demographic backgrounds and skills to build relationships
- Flexibility in constructing nutrition fueling stations at MJP headquarters and offsite training facility
- Flexibility in visiting athletes at team hotel for meal quality control and attendance monitoring
- Be active in the learning process of synchronizing the demands of strength & conditioning and performance nutrition in order to optimize results
- Adhere to MJP mission statement and core values
- Assistance in the preparation of body composition and photograph results in PowerPoint format
- Be a positive addition in providing uplifting energy and encouragement

DURATION & HOURS

10 weeks - Monday through Saturday

AM hours: 6:00-12:00 (Group A)

PM hours: 12:00-5:00 (Group B)

Saturday: 6:30-12:00 (Alternating Group A/B)

PHYSICAL DEMANDS

Must physically fit and be able to assist in the weight room or carry boxes of supplies

APPLICATION

Resume and in person interview at MJP

All components of the application are due no later than December 21st

**If you are interested in this position, please email your cover letter & application to:
dlittle@michaeljohnsonperformance.com**