



LEYTON ORIENT FC



ACADEMY NUTRITION WORK PLACEMENT STUDENT (PART-TIME)

Job Title	Academy Nutrition Work Placement Student (Part-Time)
Employer	Leyton Orient Football Club
Locations	Old Chigwellians Clubhouse (IG7 6BE) & Ive Farm Sports Ground (E10 5TQ)
Working Pattern	15 Hours per week • Required to work mobile, outside of normal hours, evenings, weekends, and bank/ public holidays.
Salary	Voluntary
Responsible to	Head of Academy Physical Development
Closing Date	Thursday 15 th January 2026

MAIN DUTIES & RESPONSIBILITIES

Role Overview	Support on the planning, delivery, and review of individualised and holistic nutrition strategies across the Academy, aligning closely with department frameworks to aid the MDT decision-making processes.
Key Responsibilities	<ul style="list-style-type: none">• Develop and maintain the Academy Nutrition philosophy and education programme that supports long-term player development.• Collaborate with the physical development, medical, and coaching teams to design and implement tailored nutrition plans for individuals and squads.• Deliver engaging nutrition education through workshops, cooking demonstrations, and interactive sessions for players, parents, and host families.• Promote consistent adherence to nutrition strategies through accessible resources, structured education, and targeted one-to-one support.• Encourage a 24-hour professional approach to food choices via regular consultations, maintaining confidentiality and upholding club standards.• Support key mealtime provision by reinforcing messages, guiding healthy choices, and working with catering staff.• Ensure safe and compliant supplement use in line with anti-doping regulations, keeping accurate and up-to-date records.• Monitor and evaluate the impact of nutrition interventions using objective measures, adjusting plans where necessary.• Report regularly to the multidisciplinary team, providing insights, progress updates, and recommendations for improvement.• Contribute to the ongoing enhancement of the Nutrition Department through reflective practice and continuous professional development.• To prioritise player health and well-being while maintaining high ethical standards and ensuring safeguarding is followed at all times.

OTHER OPPORTUNITIES & BENEFITS

- Regular 1-to-1's and support towards individual career development.
- Regular in-house and external CPD & visit opportunities.
- Meals provided at the training ground.
- Opportunities to conduct in-house or external research projects.



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PERSON SPECIFICATION

Required:	<ul style="list-style-type: none">Studying towards an undergraduate (BSc) or postgraduate (MSc) degree in Performance Nutrition/equivalent degree.Passionate about the long-term athletic development of athletes.Knowledge of the physical demands and constraints in football.Basic knowledge and competency of Microsoft Excel and PowerPoint.
Desired:	<ul style="list-style-type: none">Experience of delivering educational workshops to large groups.Data visualisation/display skillset (e.g., infographics, animations).SENr Accreditation, or working towardsISAK Level 1 qualification, or working towardsUKAD Introduction to Clean Sport or Coach Clean qualification.Full clean driving license & access to car.

OTHER INFORMATION

Safeguarding	To have due regard for safeguarding and promoting the welfare of children, staff and young people and to follow the child protection procedures adopted by the FA and the club.
General Information	<p>The employee must always carry out their duties with due regard to the Leyton Orient Football Club policies and procedures. The employee must ensure a positive commitment towards equality and diversity by treating others fairly and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relationships between all internal and external stakeholders.</p> <p>Leyton Orient Football Club is committed to the principle of equal opportunity in employment and its employment policies for recruitment, selection, training, development and promotion are designed to ensure that no job applicant or employee receives less favourable treatment on the grounds of age, disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage or civil partnership, pregnancy or maternity.</p>