



EMPLOYMENT OPPORTUNITY

POSITION TITLE:	PS2 Sport Nutritionist (1.0 FTE)	Posting Date: Monday, August 18, 2025
DEPARTMENT:	Performance Services	Application Deadline: Monday, September 8, 2025 9:00 AM (ET)
REPORTS TO:	Manager, Health Solutions	
LOCATION:	Toronto Pan Am Sports Centre 875 Morningside Avenue, Suite 100, Toronto (some work can be conducted remotely, some local travel required)	
REMUNERATION:	\$60,000 – \$66,000 per annum + benefits	Interview Date: Week of September 22, 2025

Organization

The Canadian Sport Institute Ontario (CSIO) is the multi-sport organization facilitating high performance sport development in Ontario, in partnership with Provincial and National Sport Organizations. The CSIO is a not-for-profit sport organization that supports high performance athletes and coaches in Ontario by delivering sport science, sport medicine and high-performance pathways solutions, support and education.

The Performance Services business unit contributes to CSIO's goals in the following ways:

- Recruitment, development, and retention of Performance Sciences (Sport Science and Sport Medicine disciplines), Research & Innovation Leaders & Practitioners
- Delivering best-in-class Performance Solutions for National & Provincial Sport Organizations (NSOs & PSOs)
- Delivering Partnership Management, Service Agreements, and Quality Assurance measures for our NSO performance partners
- Supporting a practitioner development pathway in alignment with Sport Scientist Canada (SSC)

Position Summary

The primary purpose of this role is to provide best-in-class Sport Nutrition support to targeted National and Provincial Sport Organizations.

The Sport Nutritionist's service delivery duties include working closely with coaching staff to plan, consult and deliver nutrition programs to targeted sports and collaborate with the Integrated Support Team (IST), to deliver a holistic approach to athlete development. The Sport Nutritionist will utilize their knowledge of nutrition and sport science to provide best-in-class nutrition programs to support high performance athletes during training and at competition.

Position Responsibilities

Performance & Health Support

- Foster effective working relationships with sport coaches and technical leaders to understand and influence sport program goals and culture.
- In collaboration with the coaching staff, develop and deliver best-in-class nutrition support in the daily training environment.

- Conduct nutritional assessments with identified teams/athletes to determine nutritional requirements and develop evidence-based nutrition plans focused on needs of the sport, the athletes' history, lifestyle, and their readiness to change.
- Able to attend and provide comprehensive nutrition support at identified competitions and training camps (including direct food service delivery, consulting directly with hotels, chefs, and restaurants to establish menus and providing modifications where necessary).
- In conjunction with Sport Physicians', review blood work and formulate recommendations or modify dietary intake and applicable supplementation.
- Deliver interactive sport-specific presentations and cooking classes to athletes to enhance knowledge and practical skill development.
- Evaluate research to maintain a current evidence base on sport-specific nutrition practices as well as general knowledge of current trends in sport nutrition.
- Analyze and communicate performance data in a clear and concise manner.
- In collaboration with the IST and coaching staff, conduct, commission and collaborate on research and innovation projects to further the discipline.
- Provide comprehensive feedback (presentations, publications, report) of results and interpretation to athletes, coaches and IST members as required.
- Work using a collaborative approach to tackle sport specific challenges and questions.
- Consult and refer specific athlete issues to relevant practitioners within the IST.

Company Engagement (CSIO)

- Facilitate learning within the discipline as well as across the Performance Services business unit by contributing to an environment conducive to knowledge sharing, feedback, and collaboration.
- When requested by the Manager, Health Solutions, develop resources and/or deliver workshops to promote best practices and discipline education.
- As requested by the Manager, Health Solutions, participate in CSIO working groups and initiatives that contribute to CSIOs strategic goals.
- Support the planning, delivery and evaluation of Sport Nutrition interns at CSIO.
- Support the maintenance and operation of discipline specific equipment and facilities, including the Performance Kitchen.
- Support recruitment efforts for the discipline when requested.
- Maintain a proactive approach to personal professional development.
- Engage in research and innovation activities to advance the discipline of Sport Nutrition at CSIO.
- Be an active member of company by participating in staff meetings, other meetings and seminars as required.
- Undertake any other reasonable duties for Manager, Health Solutions or Director, Performance Services as requested.
- Maintain an accurate record of work conducted.
- Adhere to any professional codes of conduct appropriate to your profession or other codes of conduct that might be deemed applicable to sports science and sports medicine practitioners in general.

Relationships

- CSIO Performance Services Team
- CSIO CEO, Directors and Managers
- CSIO All Staff
- National & Provincial Sport Organizations
- Athletes & Coaches
- Canadian Olympic & Paralympic Sport Institute Network

Working Conditions and Special Requirements.

- This role is required to work irregular hours, including evenings and weekends, plus being on-call for emergencies for time-sensitive and priority issues
- This role must provide their own transportation to/from the service delivery location. An Ontario G Class Driver's license is beneficial.
- Must be eligible to work in Canada
- This role must meet and maintain all Safe Sport, Anti-Doping, and other relevant HR requirements. Where appropriate, this role must maintain the necessary certifications (including First Aid CPR and AED) and liability insurance deemed necessary for employment by HR

Qualifications and Skills

Mandatory Requirements and Experience

- Graduate degree (M.Sc.) in human nutrition and dietetics with an educational focus on sport nutrition OR Bachelor's degree (BSc) in human nutrition and dietetics from an accredited university program and IOC sport nutrition diploma
- Registered Dietitian in good standing
- Minimum of 3 years' experience working in a high-performance sport environment (including National and International Competitions).
- CPR and AED certified
- Defined data handling and management skills
- Experience of developing and implementing innovative ideas and putting them into practice, including working in an applied and integrated manner
- Knowledge of the Canadian Sport System
- Excellent written and interpersonal communication skills

Desired Experience, Qualifications and Skills

- Sport Scientist Canada High Performance Certified Practitioner (or working towards)
- ISAK certification (level 1 or higher)
- Current training in Dual X-Ray Absorptiometry (DEXA) techniques for body composition and bone density
- Advanced data handling and management skills, including experience utilizing data visualization tools and techniques
- Background as a high-performance coach or athlete is an asset
- Bilingualism is an asset

Interested applicants should submit their resume and cover letter (in one PDF document) to:

**Search Committee,
Canadian Sport Institute Ontario
E-mail: careers@csiontario.ca**

The Canadian Sport Institute Ontario is committed to creating an inclusive and diverse work environment and is proud to be an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, age, marital status, family status or disability.

Accommodation is available on request for candidates taking part in all aspects of the selection process.

We thank all applicants for their interest, however, only those selected for an interview will be contacted.