



Sports Nutrition at Terrio Therapy Fitness

Skill Area:

Community Nutrition and Nutrition Education

Competencies: DI 2.3, DI 2.4, DI 2.7, DI 2.11, DI 2.14, DI 3.4, DI 3.5, DI 4.11, DI 4.12, HD1, HD 3

Intern Duties:

- Initial Nutrition Assessments
- Follow-up Nutrition Assessments
- Create and present an in-service on NSF supplements
- Create a 3-day menu for an athlete
- Create handout on healthy fat and flyer for performance nutrition

Rotation Reflection:

I have always thought of dietetics as a field in which you can continue to grow and learn new things. Being that I was never involved in sports growing up, learning that I would be working with professional athletes and a sports dietitian blew me away and I couldn't have been more eager to begin. Every assignment given to me was very intriguing and demanded much research. The most challenging assignment was creating a 3-day menu for a minor league baseball player. Surprisingly to me, what made it most challenging was trying to get enough calories into every meal.