Preparing Future Sports RDNs by Building Community

Ronnie Mullins, MS, RDN, CSCS

What is a Sports Dietitian?

- RDN who integrates nutrition with physical activity and sport.
- Work in sports organizations (NFL, MLB, USOC) and Universities (NCAA)
- Work in fitness clubs and corporate wellness.
Nutrition Challenges
- High energy needs
- Macronutrients
- Fatigue and burn out
- Body composition
- Meal timing
- Travel challenges
- Injury
- Illness
- Schedule, stress, sleep

What do sports RDNs do?

CLINICAL SERVICE
- MNT
- Blood work
- Body composition
- Diet Analysis
- Hydration
  - USG
  - Sweat patches
- Supplements

FOOD SERVICE
- Smoothies
- Fueling station
- Travel foods
- Menu develop.
- Taste tests
- Food demos

EDUCATION
- Basic nutrition
- Reading labels
- Cooking class
- Market tours
- Rest. tours
What can students do?

CLINICAL SERVICE
- MNT
- Blood work
- Body composition
- Diet Analysis
- Hydration
  - USG
  - Sweat patches
- Supplements

FOOD SERVICE
- Smoothies
- Fueling station
- Travel foods
- Menu develop.
- Taste tests
- Food demos

EDUCATION
- Basic nutrition
- Reading labels
- Cooking class
- Market tours
- Rest. tours

Athletes without support
Why teach sports nutrition to undergrads?

Sports RDNs = 0.2% of all RDs

What skills do sports RDNs have that can work in other settings

- Nutrition skills
- Career skills
- Life skills

Sports Nutrition Minor

- Classroom work
  - Core courses
  - Elective courses
- Lab work
  - Foods lab
  - Body composition
  - BDK
  - McKale weight room
- Experiential learning
In The Classroom

In The Lab
Building Community Through Collaboration

Win Win Win Win

Experiential Learning - Campus Collaborations
UA Athletics (SAS 101, fueling stations), DRC, ROTC, Club Sports (hockey, rugby, triathlon, soccer)
Experiential Learning
Community Collaborations

FC Tucson, MMA, high schools, middle schools, club sports
Other Student Learning Opportunities
Future Plan

- Enrich current curriculum
  - Food insecurity
  - Increase cultural awareness
  - Life/nutrition after sports
- Create a graduate program