PEAK Health and Fitness at the University of Utah

PEAK is an applied learning center in the University of Utah College of Health focused on recreational athletes, employees, and the community. Students will learn to develop sport/exercise nutrition programs for teams and individual athletes, regular exercisers, overweight individuals, fitness centers, and corporations. Students will help to update and write educational materials, observe individual counseling, and assist individuals with meal planning and nutritional guidance. Students will also participate in exercise testing and body composition testing. In addition, students selected for the internship will receive nutrition education instructional experience, which may include developing and presenting PEAK Nutrition Clinic materials and/or providing dietary instruction to undergraduate students. Students will also teach nutrition topics for community wellness programs and develop nutrition and exercise programs in the area of weight management.

The Orthopedic Specialty Hospital (TOSH)

The Orthopedic Specialty Hospital (TOSH) serves an array of clients, ranging from individuals rehabilitating after an injury, to joint replacement surgery patients, to athletes looking to improve and fine-tune their performance. Students placed at TOSH will work with the sports dietitian to provide nutrition guidance for weight loss; performance, eating disorders, and other medical needs to athletes of all levels and sports as well as non-athletes. There is also a community nutrition component at TOSH where the student and dietitian work in community settings providing nutrition education to a variety of audiences. Emphasis is placed on practical application of sport nutrition concepts including cooking workshops and demonstrations for sport teams and community groups with special emphasis on the adolescent athlete. Finally, because of the strong science foundation for treatment provided at TOSH, there are interdisciplinary research opportunities within the Department of Nutrition and Integrative Physiology department.

University of Utah Athletic Department

The University of Utah is a member of the PAC 12 conference and is home to 400 athletes in 17 men and women's sports. The goal of the sports nutrition program is to provide comprehensive performance nutrition services to each student athlete to help them reach their full potential. Students working with the sports dietitians will observe performance nutrition with a variety of athletes and teams. They will be involved in providing nutrition screenings, counseling and team education. Students will develop skills to work with collegiate athletes with many different needs such as meal planning, grocery shopping, eating on the road, pre competition meals, post competition meals, hydration, weight gain, weight loss, disordered eating, and supplement issues. They will develop educational material and presentations and assist in training table planning. Students will also learn how about NCAA compliance regulations and working within
a PAC 12 institution.

U.S. Speedskating Team

The US Speedskating Team, based at the Utah Olympic Oval in Kearns, is made up of both short track and long track National Teams, as well as development teams for both disciplines. A typical day for the U.S. Speedskating dietitian may include meeting with athletes to discuss individual nutrition needs and meal plans based on training, body composition testing, hydration testing, or attending high performance meetings with coaches and other staff. Other responsibilities include hand-on cooking education, group education sessions, reviewing blood results, and fostering relationships with sports nutrition sponsors. Sports nutrition students placed with U.S. Speedskating will have the opportunity to assist with these duties. Students should have a desire to work with Olympic-level athletes and have flexibility in their schedule to work during training sessions and some competition weekends.