



FC MIDTJYLLAND NUTRITION DEPARTMENT IS SEARCHING FOR INTERNSHIP STUDENT FOR JANUARY 2025 – JUNE 2025

Do you want to be a part of the most innovative club in Scandinavia for the spring season?

In FC Midtjylland, we are searching for open-minded, punctual, independent, creative and dedicated person, who are searching for an opportunity turning theory into practice and who are dedicated about investing in a future career within the football industry. FC Midtjylland will both consider applicants who are currently enrolled at an educational programme or applicants who recently graduated from a relevant educational programme.

ROLE DESCRIPTION NUTRITION INTERNSHIP

The individual will be included in different assignments for primary the Academy age groups, but also tasks around the First team. He or she will be delivering individualized and group based nutritional support and strategies for optimizing on- field performance, health, optimal growth and development. The individual will be under supervision of Head of Nutrition Jacob Nortvig and work closely with the First Team and Academy Performance and Medical staff.

TASKS

- Support the Head of Nutrition
- Implementing nutrition strategies to support performance and recovery around training and games
- Make individualized and teambased strategies about supplementation, hydration, strength development, weight gain, fat loss and injury based recovery
- Making individual dietary guidance and follow ups for the players
- Assisting in weight and fat% skinfold measurement
- Work close with the in-house kitchen and catering provider for optimizing the food intake
- Literature review based on questions within the club
- Preparation of supplements
- Providing regular nutritional education for the players
- Supporting match day and training sessions with nutritional inputs and guidance
- Make supervised eating and be around meals with the players

In the daily life, the internship students will be based at the training ground together with the academy or first team. Besides the daily activities in the club, the intern will attend a local Sports School, where the intern will get UEFA C coaching courses and learn about FCM Style-of-play, different football specialist areas, Danish football culture etc.

It will be an advantage if the internship student is fluent in English, both orally and in writing, appreciates an informal tone and has knowledge and is curious about the nutritional part of the football industry.

The internship position is non-paid, but FC Midtjylland will cover board and lodging. All interns are living in the IBF Arena (single rooms) next to FC Midtjyllands training ground. The start date of the internship positions is the 14th of January '25.

Do not hesitate to contact us on jno@fcm.dk if the above-mentioned raised any questions.

Please apply no later than 1st of January '25 to Head of Nutrition, Jacob Nortvig, on jno@fcm.dk.