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करियर मार्गदर्शन पोर्टल • Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

स्पोर्ट्स न्यूट्रिशनिस्ट

A Sports Nutritionist designs science-based diet and nutrition plans for athletes and sportspersons to boost performance, prevent injuries and speed up recovery.



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/sports-nutritionist

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri • ब्लॉक समदड़ी • बालोतरा (Block Samdari • Balotra)

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी • मास्टर ट्रेनर
Principal, GSSS Jethantri • Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास • व्याख्याता (इतिहास)
Designed & developed • Lecturer (History)

विशेष धन्यवाद • SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) • रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) • रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) • रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) • रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। • An independent project based on the Government's official career-guidance content.

1 About this career

A Sports Nutritionist designs science-based diet and nutrition plans for athletes and sportspersons to boost performance, prevent injuries and speed up recovery.

2 At a glance

Minimum qualification	BSc/MSc in Food Science & Nutrition
Duration	3-5 years
Starting salary	₹3-4 LPA
Work Area	Sports clubs, gyms, academies

3 What you need

INTERESTS

- Working with and for people
- Understanding numbers, data and graphs
- Solving problems

ABILITIES

- Word, language recognition and writing ability
- Understanding numbers, data and graphs
- Understanding relationships between things

KEY SKILLS

- Knowledge of nutrition and dietetics
- Designing personalised diet plans
- Motivating athletes
- Understanding of physiology and biochemistry
- Good communication and counselling skills
- Data analysis and progress tracking

4 How to get there

- 1 Complete Class 12 in Science (Physics, Chemistry, Biology)

- 2 Do a BSc in Food Science & Nutrition / Nutrition & Dietetics
- 3 Do a Master's degree or PG Diploma in Sports Nutrition
- 4 Gain internship and hands-on experience with sports teams
- 5 Registered Dietitian (RD) status via Indian Dietetic Association is beneficial

MAIN EXAMS

- CUET-UG / CUET-PG (for central universities)
- IDA Registered Dietitian (RD) exam

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan — Jaipur (<https://www.uniraj.ac.in>)
- Maharana Pratap Univ. of Agriculture & Technology — Udaipur
- Swami Keshwanand Rajasthan Agricultural University — Bikaner
- Central University of Rajasthan — Kishangarh, Ajmer
- Netaji Subhas National Institute of Sports (NSNIS) — Patiala, Punjab

PRIVATE INSTITUTES

- Banasthali Vidyapith — Niwai, Tonk
- Jyoti Vidyapeeth Women's University — Jaipur
- Manipal University Jaipur — Jaipur

ONLINE

- IGNOU (Nutrition & Dietetics) — Distance/Online (<https://www.ignou.ac.in>)
- Sports Authority of India online modules — Online
- Coursera / Udemy Sports Nutrition courses — Online

FEES

Degree and diploma fees range from about ₹50,000 to ₹2.5 lakh, varying by institution.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)
- Buddy4Study (<https://www.buddy4study.com>)

- Vidya Lakshmi Education Loan Portal (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Sports clubs, fitness centres, gyms, health centres, schools/colleges, food & nutrition industry and research institutes.

WORK CULTURE

A mix of field and desk work, about 6 days a week and 8-9 hours a day, with occasional local travel and overtime. You can also start your own practice.

WHO HIRES

- Sports academies and federations
- Gyms and fitness chains
- Food and supplement companies
- IPL and other professional sports franchises
- Hospitals and wellness centres
- Sports Authority of India (SAI)

DEMAND (2026)

With the rise of fitness, professional sport and health awareness, demand for sports nutritionists is growing fast in 2026, especially in online coaching and wellness startups.

7 Career growth

- 1 Sports Dietitian
- 2 Senior Sports Nutritionist
- 3 Fitness Program Coordinator / Nutrition Product Developer
- 4 Consultant

EARNINGS

Starting	₹3-4 LPA
Mid level	₹6-9 LPA
Senior level	₹12-20 LPA+

Pay depends on experience, team and location; celebrity and private practice can earn much more. Figures are indicative.

8 The good parts · The challenges

The good parts

- Directly contributes to athletes' performance
- Growing and attractive field
- Possibility of own clinic/online practice

The challenges

- Irregular hours and travel
- Constant pressure to deliver results
- Hard to build steady income early on

9 Real-life journeys

Shona Prabhu

Sports Nutritionist, Indian Hockey Team

Shona Prabhu began her career as nutritionist for the Indian hockey team. Athletes were initially unused to sports nutrition, but her efforts brought nutrition into training. She worked with the Indian men's and women's hockey teams (2017-2021) and Delhi Capitals (IPL), and runs her own clinic, Nutrifly My Diet.

Global Indian · <https://www.globalindian.com/story/global-indian-exclusive/shona-prabhu-helps-indian-athletes-unleash-the-power-of-nutrition/>

Ryan Fernando

Celebrity & Sports Nutritionist, Founder - Qua Nutrition

Ryan Fernando is one of India's best-known sports nutritionists, advising Olympic medallists and top cricketers among many athletes. From a biochemistry background he built the Qua Nutrition chain of clinics and helped popularise sports nutrition in India.

Sportz Business · <https://www.sportzbusiness.com/ryan-fernando-indias-celebrity-sports-nutritionist/>

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Nutritionist
- Medical Transcriptionist
- Rehabilitation Specialist

11 Sources & further reading

1. Rajasthan Career Guidance (official source) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%b8%e0%a5%8d%e0%a4%aa%e0%a5%8b%e0%a4%b0%e0%a5%8d%e0%a4%9f%e0%a5%8d%e0%a4%b8-%e0%a4%a8%e0%a5%8d%e0%a4%af%e0%a5%82%e0%a4%9f%e0%a5%8d%e0%a4%b0%e0%a4%bf%e0%a4%b6%e0%a4%a8%e0%a4%bf%e0%a4%b8%e0%a5%8d/>
2. Indian Dietetic Association — <https://www.idaindia.com>
3. NIRF India Rankings — <https://www.nirfindia.org/Rankings/2025/Ranking.html>
4. Netaji Subhas National Institute of Sports — <https://sportsauthorityofindia.nic.in>



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