**Job Description**

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| **Job title:** | **Strength & Conditioning Coach** |
| **Department/School:** | **Department of Sport Development & Recreation** |
| **Grade:** | **6** |
| **Location:** | **Sports Training Village** |

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| **Job purpose** |
| Design and deliver strength and conditioning programs for performance athletes in a multi-sport role. This will include overseeing the delivery of strength and conditioning provision to our performance sports, TASS/ Dual-Career athletes and external partners.  The role will involve working collaboratively within Multi-Disciplinary and Inter-Disciplinary Teams, to deliver a high-quality strength and conditioning service. |

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| **Source and nature of management provided** |
| Senior Strength and Conditioning Coach |

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| **Staff management responsibility** |
| None |

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| **Career and Professional Development Activities** |
| Contribute and deliver on the strength and conditioning CPD programme |

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| **Special conditions** |
| Working in University Performance Sport Programmes will require flexible working hours in line with sport/athlete training schedules. This will include early morning and evening work, and weekend work. Annual leave is to be taken in line with university semester breaks.  You are required to remain ‘accredited’ as an UKAD Advisor (reaccrediting every two years) as a condition of employment. |

| **Main duties and responsibilities** | |
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| **1** | Designing, delivering and monitoring of strength and conditioning services to a range of sports/programmes/athletes. |
| **2** | Assist all members of the strength and conditioning team with programme delivery, quality assurance and coordination across the team where appropriate. |
| **3** | Work under the direction of the senior strength and conditioning coach to improve performance through developing, implementing and evaluating strength and conditioning programmes that reflect scientific principles as they relate to adaptation, periodisation, peaking, tapering, injury prevention, rehabilitation, recovery and athlete screening/assessment. |
| **4** | Deliver individual and group strength and conditioning sessions to performance athletes across a range of sports. This could include TASS athletes amongst others. |
| **5** | Ensure that the delivery of the strength and conditioning service effectively meets its commitments to athletes, coaches, national governing bodies and other external professional bodies. |
| **6** | Within the rules of professional confidentiality liaise with athletes, primary care managers, parents, coaches and other support staff as appropriate. Be a proactive part of the multidisciplinary support team. |
| **7** | Work within the rules of the Physio and Sorts Science Centre and UKSCA (or equivalent) Professional Code of Conduct, standards and guidelines, and, where appropriate, University/NGB codes, standards and guidelines. |
| **8** | Continually improve and develop the comprehensive, indexed database of work conducted with athletes and coaches including load management. |
| **9** | Attend, contribute to and provide regular reports at appropriate meetings associated with the programme to key stakeholders. |
| **10** | Undertake a planned and agreed programme of CPD, including attendance at internal and external meetings and courses to keep abreast of best practice. |
| **11** | Contribute to cross-departmental education programmes in the area of strength and conditioning practice and physical preparation of athletes. |
| You will from time to time be required to undertake other duties of a similar nature as reasonably required by your line manager. | |

**Person Specification**

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| **Criteria** | **Essential** | **Desirable** |
| **Qualifications** |  |  |
| * A qualification at degree level (or equivalent) in sport science specialising in the area of physical preparation of elite athletes | Y |  |
| * A qualification at higher degree level (Masters or equivalent) specialising in the physical preparation of elite athletes |  | Y |
| * UKSCA Accreditation (ability to achieve within 6 months) | Y |  |
| **Experience/Knowledge** |  |  |
| * Significant employment in the provision of strength and conditioning services to athletes and coaches to improve performance | Y |  |
| * Experience of developing and implementing innovative ideas and putting them into practice, including working in an applied and integrated manner. | Y |  |
| * Demonstrated ability to analyse a range of sports in relation to their individual athletes within these sports. | Y |  |
| * Experience in the provision of strength and conditioning services to high performance sport. (international / professional) | Y |  |
| * Experience of strategic planning, implementation and monitoring of strength and conditioning to high performance athletes. | Y |  |
| * Experience of coaching sport, specifically team sports. | Y |  |
| * Experience of working within a multi-disciplinary and inter-disciplinary team in the delivery of strength and conditioning services to high performance sport. | Y |  |
| * Experience of line managing staff | Y |  |
| * An understanding of the various sports science and medicine disciplines * An understanding of collating information specific to management administration of S and C | Y |  |
| * Excellent anatomical knowledge and ability to apply this to elite athletes within a strength and conditioning setting. | Y |  |
| * An ability to demonstrate up to date knowledge of strength and conditioning techniques. | Y |  |
| **Skills** |  |  |
| * Ability to work under pressure | Y |  |
| * Ability to organise and prioritise own workload | Y |  |
| * Ability to organise and prioritise others workload | Y |  |
| * Excellent problem solving and decision-making skills * Excellent communication skills | Y |  |
| **Attributes** |  |  |
| * Self-motivated | Y |  |
| * Able to work in a team as well as individually | Y |  |
| * Excellent interpersonal skills | Y |  |
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