

Job Description

Position / Job Title:	Strength and Conditioning Coach
Ref:	SSS303
Location/Building:	Any University Building
Faculty/Professional Service:	Student Services
Group/Section:	Sport & Culture
Normal hours per week:	25 hours Term Time only
(Some flexibility will be required in order to ensure that key time scales and deadlines are met).	
Number of working weeks if term-time only:	35 weeks
Grade:	4
Accountable to:	Strength and Conditioning Services Manager
Responsible for or supervises:	Sports Science Placement/Interns
Special conditions:	
We are committed to providing a safe environment for all students and staff. This position is required to undertake regulated activity and therefore is exempt from the Rehabilitation of Offenders Act (ROA) 1974 and subject to a satisfactory (enhanced) DBS Disclosure and the requirements of our Safeguarding Policy.	

Job Purpose

This post will involve coaching on a daily basis.

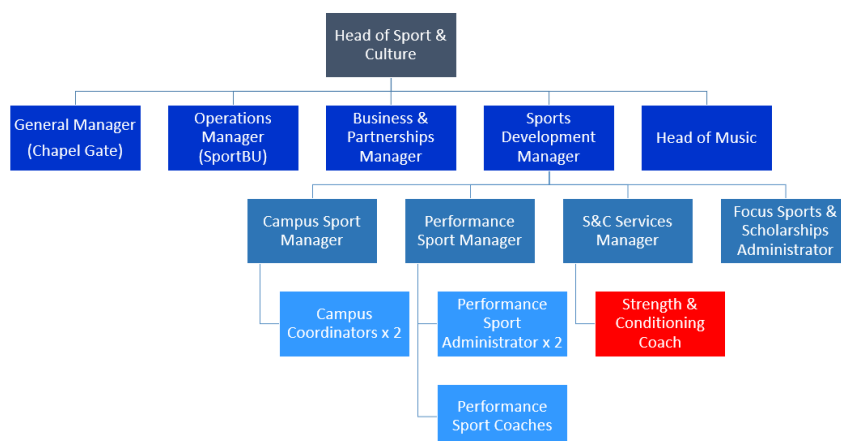
The post holder will plan, manage, continually review and develop the strength & conditioning coaching programme within SportBU to all BU Sport Performance athletes and partnership club athletes with the ultimate aim of improving performance and maintaining attendance. They will assist the Strength and Conditioning Services Manager where required to drive the programme forwards.

Main Responsibilities

1. Assist the Strength & Conditioning Services Manager in the delivery of the strength and conditioning services and the organisation and delivery of other supporting sport science services and performance monitoring and to reflect scientific principles to enhance physical performance with performance athletes in-line with the philosophy of BU Performance sport & key partners;
2. Take the lead in the planning, delivery and review of strength & conditioning coaching for all Performance Sport teams and partnership club athletes;
3. Research current best practise in S&C and design appropriate programmes to ensure all athletes receive a safe and effective training programmes;

4. Form good relationships with captains and coaches from all performance teams. Be proactive and driven in finding innovative and creative ways to share the benefits of strength & conditioning coaching with all BU performance athletes in order to secure bookings and generate income;
5. Be responsible for the recruitment and training and training of the Sport Science Interns and ensure they add value to the existing programme. Provide opportunities for relevant experiences and mentor through continual feedback;
6. Effectively gather and demonstrate the positive impact that the services are having on individuals and teams through a variety of methods. Regularly assess and evaluate the performance of Performance Sport athletes to provide reviews & reports for athletes, coaches, senior staff, and key partners when required;
7. Keep up to date with CPD and research in sport science and strength & conditioning;
8. Work with other members of support staff to create a high performance training environment;
9. To support the mentoring and deliver workshops for S&C interns to aid in the development and implementation of the S&C programme;
10. Develop strength & conditioning services and ultimately income by creative ways of offering services and by developing and maintain new and existing partnerships with local clubs. For examples through S&C courses, services to new teams, working with local schools and colleges;
11. Ensure all aspects of health & safety (e.g. maintenance checks, risk assessments) related to the Rees Suite are completed regularly whilst adhering to BU and SportBU procedures;
12. Administrative duties related to the Sport Science Services and other administration duties as required by the Strength & Conditioning Services Manager including data analysis, marketing, promotion and recruitment;
13. Participate in SS and University wide events (e.g. open days, fresher's activities) where appropriate;
14. To actively contribute to the delivery of BU2025 within the remit of your job, with the ultimate aim of enhancing student experience and providing a high quality service to all customers, whilst improving efficiency and effectiveness of core University processes and systems;
15. To undertake any other appropriate duties as required.

Organisation Chart



Contacts

Internal: Students, School of Services Management, HR, Finance, Registry, Student Union, Work Based Learning placement officers SportBU colleagues, SS colleagues, students, RELAYS Project Manager and RELAYS Assistant, RELAYS student ambassadors, M&C schools outreach team, Careers and Employability team

External: Royal & Ancient Golf Club of St Andrews, TASS representatives, NGB of sport, English Institute of Sport, UK Sport, Performance Lifestyle UK, Universities within SW region, Partnership clubs, EIS satellite physiotherapist and sports physician, other support service providers including, exercise physiologists, sports psychologists, chiropractic clinic, podiatrist, nutritionist.

Challenges

- Highly qualified with specific S&C knowledge and experience;
- Ability to deal with a wide range of sporting athletes and manage their variance of abilities to create effective programmes designed to improve their physical and technical performance;
- To be highly organised with the ability to prioritise tasks;
- Generating interest in strength & conditioning services to maintain and increase bookings from Performance Sport teams;
- Be an enthusiastic coach always willing to learn and get better;

Information Governance Responsibilities

Data User

- i. Comply with the associated data protection, information security, information management and information technology regulations, policies, processes and procedures.

Safeguarding and Regulated Activity

If the role involves engaging in regulated activity relevant to vulnerable groups including children and disabled adults, it is an [offence to apply for](#) and perform the role, if a person is barred from engaging in regulated activity. Further information is available in BU's [Safeguarding Policy](#) and Suitability Statement on the Recruitment and Employment of Ex-offenders.

Additional Information

NB:

The purpose of the job description is to indicate the general level of responsibility and location of the position. The duties may vary from time to time without changing their general character or level of responsibility.

BU is an equal opportunities employer which values a diverse workforce. The post holder must at all times carry out their responsibilities with due regard to the University's Dignity, Diversity and Equality Policy Statement.

Our highly skilled and creative workforce is comprised of individuals drawn from a broad cross section of the globe, and who reflect a variety of backgrounds, talents, perspectives and experiences to build our global learning community. Through fused activity, the post holder must have an understanding of and commitment to promoting a global outlook.

All employees have an obligation to be aware of the University's Sustainability Policy, Climate and Ecological Crisis Action Plan, Travel Plan and associated documents, and to ensure that they carry out their day-to-day activities in an environmentally responsible manner and inspire students to do the same.

June 2024



Person Specification

Position / Job Title: Strength and Conditioning Coach	Position No: SSS303
Faculty / Service: Student Services, Culture & Sport	Date: June 2024
SELECTION CRITERIA	Essential / Desirable
Knowledge (including experience & qualifications)	
Degree in sport science or coaching related discipline	E
UKSCA Accreditation (or equivalent)	D
Proven experience of providing strength and conditioning coaching to a range of athletes	E
Proven experience of working in an interdisciplinary environment	E
Knowledge and understanding of kinesiology, anatomy and physiology, and exercise physiology.	E
Experience of conditioning programmes for Junior Athletes in line with Long Term Athlete Development Models	E
Understanding of scholarship schemes and their operation e.g. TASS and Focus sport specific	E
Experience of planning and periodising annual training programmes	E
Knowledge of medical conditions affecting sporting performance	D
Experience of mentoring	D
Skills	
Excellent Organisational skills	E
Excellent time management skills	E
Leadership ability to make changes to improve squad or individual performance	E
Strong interpersonal & communication skills with an ability to influence and engage with students	E
Competent IT skills	E
Ability to gather, interpret and present data to monitor squads and individual athletes	E
Empathetic approach to athletes	E
Attributes	
Hardworking, dedicated, organised and task driven individual	E
Ability to motivate, educate and inspire	E
Trustworthy and approachable	E
Demonstrate the ability to manage a wide range of activities	E
Ability to work flexible hours including early mornings, evenings and weekends	E
Clear demonstration and keenness to engage in regular CPD and to keep up to date with current research and industry standards to ensure the highest level of service delivery to athletes	E
Hardworking, dedicated, organised and task driven individual	E