



Physical Performance Coach (0.5 FTE)

Department	Strathclyde Sport		
Directorate	Estates Services Directorate (www.strath.ac.uk/estates/)		
Staff Category	Operational Services	Reference No	659846
Reports To	Lead Physical Performance Coach	Grade:	4
Salary Range:	£24,044 - £26,038 pro rata (plus 5% Non-Standard Working Hours Allowance)	Contract Type:	Open-ended
FTE:	0.5 annualised (23.5 hours/week term time, 5 hours/week during summer)	Closing Date	06/11/2024
Working Arrangements	Fully On-site. Due to the nature of this role, it is based fully on-site.	On Site Facilities	Car parking, sports centre, catering.
Holidays	27 days + 11 statutory days Option to purchase additional holidays.		
Pensions	Contributory pension scheme available to all staff including generous employer contribution.		
Training	Professional Development with Organisational and Staff Development Unit (OSDU) plus external training if required.		
Family Friendly Benefits	Generous parental leave provision, on-campus nursery and options for flexible working.		
Health and Wellbeing	University Sport centre, Occupational Health service, access to health and wellbeing events, cycle to work scheme, Employee Assistance Programme, agile working and established carers support network and carer friendly policies.		

Job Advert

Working as part of the multidisciplinary Performance Sport Team, the post-holder will provide strength and conditioning (S&C) coaching services to identified external partners, and University of Strathclyde **FOCUS**port Clubs and Performance Sport Scholars. This will be an annualised contract, weighted more heavily towards term-time, with less weighting during summer months.

The successful candidate will be a passionate, enthusiastic and committed practitioner who has aspirations of delivering World-Class S&C services with experience of coaching gym- and 'field'- based S&C services.

Job Description

Brief Outline of Job:

The role will support Strathclyde Sport's strategic objectives to achieve greater year-on-year success in BUCS competitions whilst supporting the development of individual athletes through practical delivery of S&C services to external partners, and University of Strathclyde **FOCUS**port Clubs and Performance Sport Scholars. Whilst not exhaustive, this will include the

enhancement of athletes' strength, power, speed, agility and endurance whilst simultaneously reducing the volume of training days lost through injuries.

The post holder must be willing to work early morning and evenings during selected periods of the year.

Main Activities/Responsibilities:

1.	Coach evidence-based S&C programmes to external partners, and University FOCUS port Clubs and Performance Sport Scholars
2.	Periodically profile athletes through conducting a sport-specific battery of valid and reliable athletic assessments
3.	In conjunction with the Lead Physical Performance Coach, adapt S&C programmes to enable injured athletes to perform modified training
4.	Work effectively as part of a multidisciplinary team to foster a high-performance culture and training environment
5.	Document and maintain a comprehensive record of programmes delivered to athletes
6.	Maintain an up-to-date database which enables longitudinal athlete tracking and allows performance impact to be reviewed
7.	Build and maintain positive, open and honest relationships with athletes, coaches, practitioners and external partners
8.	Support relevant innovation and applied research projects which aim to develop new knowledge in the field of sports science and medicine, or help to manufacture resources which enhance the decision making processes within the applied environment
9.	Actively promote adherence to UK Anti-Doping (UKAD) guidelines
10.	Develop and maintain an extensive professional network with individuals out-with Strathclyde Sport with whom to share and proactively develop best practice
11.	Contribute to in-service professional development workshops and the development of resources to support knowledge dissemination to colleagues
12.	Perform any other reasonable duties requested by Senior Practitioners or Management which are in-line with the grade of this role

Person Specification

Educational and/or Professional Qualifications

(E=Essential, i.e. a candidate must meet all essential criteria to be considered for selection, D=Desirable)

E1 Undergraduate degree in Sport Science or related degree or equivalent relevant experience

D1 UKSCA accreditation or the ability to achieve accreditation within 6-months

E2 UKCC Level I Award in Coaching Weightlifting / IRB S&C Level I / NSCA or ASCA Accreditation (if currently not UKSCA Accredited)

E3 A current emergency first aid or basic life support qualification from a recognised organisation

Experience

E4 Experience of providing S&C services to athletes to improve performance against agreed performance targets

E5 Experience of assisting the provision of S&C services in a high-performance sport environment

D2 Track record of integrating into pre-established multidisciplinary teams

D3 Experience of working in a HE sporting environment and an understanding of the BUCS and SSS competition structures

D4 Experience of competing as a competitive Weightlifter, Powerlifter, Track or Field Athlete or Gymnast

Job Related Skills and Achievements

E6 Proficient in data collection, analysis and visualisation of results using appropriate hardware and software

D5 Knowledge and understanding of Health and Safety Legislation

Personal Attributes

E7 An ability to energise, motivate and inspire athletes

E8 Excellent communication and interpersonal skills

E9 Hardworking and perseverant

E10 Discrete with confidential information

E11 Ambitious

E12 Conscientious

E13 Receptive to feedback

E14 Committed to professional development

Other Relevant Factors

E15 Willing to work early mornings and evenings to meet the needs of dual career student-athletes

Application Procedure

Applicants are required to complete an application form including the name of two referees who will be contacted without further permission, unless you indicate that you would prefer otherwise. Applicants should also complete the Equal Opportunities Monitoring Form.

Other Information

Further information on the application process and working at Strathclyde can be found on our website (<http://www.strath.ac.uk/hr/workforum>).

Informal enquiries about the post can be directed to Milan Marinkovic, Lead Physical Performance Coach (milan.marinkovic@strath.ac.uk).

Conditions of Employment

Conditions of employment relating to the Administrative and Professional staff category can be found at: [Conditions of Employment](#).

Rewards and Benefits

Our staff have access to a wide range of outstanding benefits that include financial rewards, family friendly and wellbeing benefits and career development opportunities, details of which can be found [here](#).

Probation

Where applicable, the successful applicant will be required to serve a 6 month probationary period.

Pension

The successful applicant will be eligible to join the Local Government Pension Scheme (LGPS) in Scotland. Further information regarding this scheme is available from [Payroll and Pensions](#).

Relocation

Where applicable, the University offers a relocation package to support new employees who meet the eligibility criteria. The relocation package is offered as a contribution towards costs incurred, and is designed to be flexible, allowing staff to use the financial support available in the way that will be most helpful to them. Further details are outlined in the Relocation Policy.

Interviews

Formal interviews for this post will be held on 13/11/2024.

Equality and Diversity

We value diversity and welcome applications from all sections of the community.

The University currently holds a Bronze Athena SWAN award, recognising our commitment to advancing gender equality in academia across all academic disciplines and professional and support functions.

University Values

The University's Values capture what we're all about: who we are, what we believe in and what we stand for. [Our Values](#) have been derived from how we act and how we expect to be treated as part of Strathclyde.

