



JOB DESCRIPTION

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| Job Title: | Strength & Conditioning Co-Ordinator |
| Department / Unit: | Student Engagement & Sport – Active Lifestyle & Sport |
| Job type | Full time, Permanent |
| Grade: | RHUL 4 |
| Accountable to: | Sports Development Senior Manager |
| Purpose of the Post | |
| <p>We are seeking to appoint a Strength & Conditioning Co-Ordinator to join the Active Lifestyle & Sport team to support the Sports Development Senior Manager with the delivery of the Sports Scholarship programme for students-athletes at Royal Holloway.</p> <p>The primary purpose of the role will be to deliver strength and conditioning sessions for student athletes on our Scholarship Programme. As well as this, there will be an element of programme planning, athlete support and admin duties also attached to the role to support the development of the programme.</p> <p>The post holder will also liaise with coaches, athletes and support service staff as appropriate and contribute to wider departmental aims. In addition, they will be expected to produce annualised plans for the student-athletes they are responsible for and review sessions accordingly.</p> <p>They will be an accredited member of the UKSCA and committed to their own personal development in strength and conditioning.</p> | |
| Key Tasks | |
| <p>The main duties and responsibilities include:</p> <ol style="list-style-type: none"> 1. Lead on the coordination, delivery, and appraisal of the Sports Scholars support services. 2. Coordinate of the delivery of strength and conditioning support for Sports Scholars as required. This will include research of each sport, functional assessments, programme writing, and programme reviews bespoke to each | |

individuals sport and position, taking into account the periodisation aspect of their season as well as university commitments.

3. Ensure that the delivery of the strength and conditioning service effectively meets its commitments to athletes, coaches, and national governing bodies.
4. Work as part of a multi-disciplinary team delivering services to student athletes.
5. Maintain a record of work conducted with student athletes.

Other Duties

The duties listed are not exhaustive and may be varied from time to time as dictated by the changing needs of the College. The post holder will be expected to undertake other duties as appropriate and as requested by his/her manager.

The post holder may be required to work at any of the locations at which the business of Royal Holloway is conducted.

Internal and external relationships

The following list is not exhaustive but the post holder will be required to liaise with:

Students' Union
Student Recruitment
National Governing Bodies
TASS
BUCS

PERSON SPECIFICATION

Details on the qualifications, experience, skills, knowledge, and abilities that are needed to fulfil this role are set out below.

Job Title: Strength & Conditioning Co-Ordinator

**Department: Student Engagement & Sport
– Active Lifestyle & Sport**

| | Essential | Desirable | Tested by Application Form/Interview/Test |
|--|-----------|-----------|---|
| Knowledge, Education, Qualifications and Training | | | |
| Educated to A level or equivalent experience | x | | Application |
| UKSCA accredited status | x | | Application |
| Evidence of professional development in Strength & Conditioning | | x | Application |
| First Aid Certificate | x | | Application |
| Knowledge and understanding of Higher Education sport | | x | Application/Interview |
| Skills and Abilities | | | |
| Ability to identify key areas of focus for performance sport and translate into effective strength and conditioning programmes in terms of planning, performance monitoring and coaching | x | | Application/Interview |
| Experience of working effectively with data to create reports to demonstrate the impact of the programme | | x | Application/Interview |
| Excellent IT skills, with experience of using MS software packages | | x | Application |
| Ability to create an environment of continuous improvement by setting high standards for student athletes. | x | | Application |
| Experience | | | |
| Evidence developing and inspiring athletes | | x | Application |
| Experience of working with Sports institutions (e.g. NGB, EIS, HE) | | x | Application |
| A good understanding of health and safety procedures in an athlete environment. | x | | Application/Interview |
| Other requirements | | | |

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| Ability to undertake the physical duties associated with the role | x | | Interview |
| Willingness to work early mornings, evenings, and weekends as required | x | | Interview |