

## Consultant Strength and Conditioning Coach

**University Contact:** Lead Strength and Conditioning Coach

**Budget:** up to £25,000 (inclusive of VAT) expected fee to be stated on application

**Location:** University of Derby Sports Centre

**Hours:** A minimum of 1750 hours to be delivered annually as required so that full support to the programme is provided, with a heavier weighting of delivery during the University term time (Sept - Mid May)

**NOTE:** This contract is being offered on a self-employed basis.

The University of Derby's performance sport department are seeking a highly motivated and passionate consultant Strength and Conditioning coach to support the delivery of strength and conditioning services to the University's rapidly growing performance programme as well as additional external partners, currently including the Derbyshire Institute of Sport (DIS) and the TASS Potential Programme.

The successful individual will be subject to IR35, DBS and UK Right to Work checks. The role is offered on a self-employed basis and the successful applicant will be expected to hold their own public liability insurance and comply with all applicable University code of conduct practices including Health and Safety, Equality and Diversity and Financial Regulations as well as General Data Protection Regulation requirements. All applications will be graded on the following criteria.

Please submit all applications and enquiries to [L.Wake@Derby.ac.uk](mailto:L.Wake@Derby.ac.uk). Closing date for applications is Monday 19<sup>th</sup> March.

Qualifications	Assessed via
United Kingdom Strength and Conditioning Association Accreditation (UKSCA - ASCC)	Application documents
Degree level (or equivalent) qualification in Sports Science or related area.	Application documents
Emergency First Aid qualification.	Application documents

Experience	Assessed via
Proven experience of designing, delivering and reviewing strength and conditioning services to teams as well as individual athletes.	Application documents
Experience of working in a multi-disciplinary team and understanding of the S&C role clarity within the team.	Application documents
Experience of undertaking a needs analysis on sports to identify the key movement patterns, injury risk and strength and conditioning demands of the sport in order to plan and deliver appropriate S&C interventions.	Application/ Interview

Strength and Conditioning Skills	Assessed via
Knowledge of movement screening processes to analyse competency, identify and then prioritise areas for development.	Application/ Interview
Knowledge of performance testing protocols, and ability to rationalise test selection and protocol method.	Interview

Understanding of the metabolic systems, how they work together and training methods to improve them.	Interview
Ability to design, coach and review periodised, progressive programmes underpinned by scientific knowledge.	Application/ Interview
Competent when using Microsoft excel, outlook and additional IT programmes.	Application
Communication skills that can be adaptable in order to feedback all relevant information in a comprehensible way for other S&C coaches, technical coaches, athletes, parents, support staff, NGBs etc.	Interview

<b>Person Specification &amp; Behaviours</b>	<b>Assessed via</b>
Committed to fulfilling the duties of the role.	Interview
High level, adaptable communication skills to engage a diverse population of student athletes or elite level junior and senior age group athletes.	Interview
Ability to plan and organise their work schedule with the flexibility to adjust and change the schedule when required.	Interview
Ability to develop and maintain vital relationships within the department, the University, external partners and networks.	Interview

Additional weighting will be given to the following criteria when grading applications:

<b>Additional Criteria</b>	
Higher degree level (or equivalent) qualification in Sports Science or related area.	Application documents
Previous experience working within a higher education institution sports department.	Application documents
Experience working in a professional sport environment.	Application
Understanding of a full return to play process and experience of progressing an athlete from initial moment of injury right back to full training and competition.	Application/ Interview
Good understanding of student athlete lifestyle and the challenges, processes and priorities that come with being a student athlete.	Interview
Sound knowledge of injury rehabilitation, injury prevention and return to play processes.	Interview