



MRes Sport and Exercise Strength and Conditioning Internship

Funded by Leicester City Football Club – Full UK/EU Fees
Bursary

- Closing Date: 8th June 2018
- Interview Date: 27th June 2018
- Start Date:
 - 6th August 2018: Induction at LCFC
 - Week Commencing 17th September 2018: Induction at University of Derby

Role Description

Please read the following information in full before applying, emails requesting information contained within this specification will not be answered.

Department	Department of Life Sciences, Sport, Outdoor and Exercise Science
Role title	MRes Sport and Exercise Science / Sport Science Internship
Fees	£6210 (covered through bursary) International applications are welcomed, however applicants should be aware that the bursary is only to the amount of UK/EU fees
Responsible to	Leicester City Football Club Head of Academy Sport Science/ Derby University Sport and Exercise MRes Programme Leader
Start Date	Induction at LCFC – 6th August 2018 MRes enrolment will be week commencing 17/09/2018
Ref:	MRes LCFC SC

Leicester City Football Club (LCFC) are providing a full bursary award toward fees for a University of Derby MRes study as part of an ongoing relationship between Derby University Sport and Exercise Science and LCFC.

In this unique opportunity the successful candidate will support the sport science / strength and conditioning team under the supervision of the Head of Academy Sport Science, this will include assisting and/or leading gym and pitch based physical sessions with various age groups and collection of data to support the MRes project. Contact time on the MRes and with LCFC will be approximately 20-30 hours per week but may include weekend and unsociable hours. Subsequently, LCFC will contribute a full fee bursary towards the student's full MRes fees.

Further to this, LCFC can provide the funding to complete UKSCA Coach Competency Framework pathway workshops with mentorship from accredited individuals on site. Additional to this there will be funding for a NASM Performance Enhancement Specialist Course. These vocational CPD developments are supplemented with a comprehensive internal program of events and reflective practices, these are expected to require an additional 10 hours per week approximately.

These studies, will run from August 2018 to June 2019 and aims to examine performance questions in the areas of on-field monitoring of training loads, benchmarking of physiological data relative to maturity status and assessment of strength diagnostics. There are a range of topics available for investigation and would be decided in conjunction with the successful applicant, LCFC staff and MRes supervisory team. This role is developmental and aimed at people who do



not currently have a post graduate qualification in a sport and exercise science related discipline.

Person Specification

	Criteria	E/D	A	I	T
Qualifications - Vocational - Professional - Academic	A minimum 2:1BSc Hons degree in Sport and Exercise Science or related subject	E	✓	✓	
	UKSCA Accreditation or equivalent (or ability to gain within 12 months)	D	✓	✓	
	Football Coaching Qualification	D	✓	✓	
	IELTS 7 (if non-English speaking)	E	✓		
Experience & Knowledge	Experience of delivering Strength and Conditioning and coaching groups of athletes	E	✓	✓	
	Experience of undertaking academic research, research methods and data analysis	E	✓	✓	
	Experience of working in elite sport or undertaking research in an elite sport environment	D	✓	✓	
	Experience and knowledge in one or more of the following areas 1. Physiology & Biomechanics 2. Strength and Conditioning 3. Academic Study & Research Skills	E	✓	✓	
Skills & Abilities	Excellent written and oral communication skills	E	✓	✓	
	Excellent inter-personal skills	E		✓	
	Competency in a range of relevant laboratory and practical skills as relevant	E	✓	✓	
	Competency in relevant IT skills	E	✓		

KEY: E = Essential Criteria D = Desirable Criteria

A = Application Form I = Interview

T = Testing (Psychometric and/or Occupational)

Applicant Information

Application

Additional information regarding the MRes in Sport and Exercise Science is available on the Derby University Website. CV's and covering letters sent via email will not be considered. Interested applicants are required to complete the MRes application form available through the course pages by the closing date detailed above:

<http://www.derby.ac.uk/courses/postgraduate/sport-exercise-mres/>

Applicants should quote the reference MRes LCFC SC at the start of their personal statement. Shortlisted applicants will be contacted and invited to interview as outlined above.

Selection

The panel will endeavour to make decisions on the day and inform successful applicants accordingly.

If you require any further information regarding this position or the research project please contact:

James Keenan

Programme Leader Strength, Conditioning and Rehabilitation

Tel: 01332 591733

E-Mail: j.keenan@derby.ac.uk

If you require any further information regarding the MRes structure and course content please contact:

Dr Charlotte Chandler

Programme Leader Master by Research Sport and Exercise

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