

UNIVERSITY OF DERBY

JOB DESCRIPTION

JOB TITLE	Strength & Conditioning Coach		
DEPARTMENT / COLLEGE	Estates		
LOCATION	Kedleston Road		
JOB NUMBER	0394-18	SALARY	Level 5
REPORTS TO	Deputy Head of Sport		

Role Summary

The University of Derby are ranked Top 30 in the Guardian League Table and Top 40 in the British University & Colleges Sport (BUCS). Team Derby is the University's sport department, established in 2009, and risen through the BUCS rankings achieving Most Improved University twice, the only University to do so. The University is now recognised as a University which is Serious about Sport. The University of Derby are a founding partner of the Derbyshire Institute of Sport (DIS) which was launched in 2012 to support athletes from Derbyshire who have the potential to be World Class.

DIS offers an individualised holistic support package to aspiring local athletes, giving them the best possible chance to gain selection onto a National Governing Body World Class squad or equivalent. It is completely unique to Derbyshire and the University of Derby is proud to continue to be the host facility as well as their preferred supplier for any athlete services; including Strength and Conditioning.

The University of Derby's sport department, Team Derby, are seeking a highly motivated and passionate Strength and Conditioning coach to support the delivery of strength and conditioning services to the University's rapidly growing performance sport programme. The role also involves some delivery with external partners; currently including the Derbyshire Institute of Sport (DIS) and the TASS Potential Programme. Working in a Higher Education environment, the post-holder is required to understand the needs of a dual-career athlete and ensure a high level of student experience at all times.

The role is offered on a full time 2-year fixed-term basis and the successful applicant will be expected to operate within the University's policies and procedures. The role will support the Lead S&C coach in the delivery of the University performance programme working with individual athletes and performance teams. The successful person must be an effective team player and enjoy working as part of a multi-disciplinary team. The role is primarily responsible for supporting the delivery of an ambitious and progressive sport specific strength and conditioning service that is aligned to our performance programme.

This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation. The successful individual will be subject to a DBS check and UK Right to Work checks. All applications will be graded on the

following criteria.

Principal Accountabilities

1. Deliver strength and conditioning services to Team Derby Performance Teams, Development Teams and Sports Scholars and DIS Athletes and partners as directed by the Lead Coach.
2. Assist the Lead Coach in the development and expansion of the strength and conditioning provision for Team Derby Performance Teams, Development Teams, Sports Scholars and external partners.
3. Working with Performance Sport Coaches and Performance Support Staff to ensure the physical progression of the Development Teams promotes a pathway to Performance Team levels.
4. During out of season periods support Team Derby in securing of income through commercial activity
5. Supporting delivery across the whole programme to create a high-performance training environment.
6. Maintain a database to track completed training and ensure regular communication with the Lead Coach regarding athlete progress and performance.
7. Contribute to the delivery of workshops, to inform and educate student athletes, coaches and performance staff in the effective use of strength and conditioning.
8. Develop strong working relationships with colleagues in the College of Life and Natural Science to enhance student learning opportunities and provide suitable learning environments for University placement students within day to day work and support the set up and development of the placement programme.
9. Work within the multidisciplinary team to deliver an interdisciplinary approach to performance and development. Including collaboration on movement analysis, design and implementation of rehabilitation programmes.
10. Work within the rules of professional confidentiality, liaise with student athletes, parents, coaches and other support staff as appropriate adhering to and enforcing the University of Derby policies and procedures.
11. Comply with all policies and legislation in performance of the duties of the post, including Health and Safety, Equality and Diversity, Financial Regulations. Practice within the rules of the professional code of conduct including ethical guidelines and regulations with regards to drugs and doping in sport.

Person Specification

Essential Criteria

Qualifications

- UKSCA Accreditation

Experience

- Experience of working in a multi-disciplinary team and understanding of the S&C role clarity within the team
- Proven experience of delivering strength and conditioning services to teams as well as individual athletes

Skills, Knowledge and Abilities

- Competent when using Microsoft excel, outlook and additional IT programmes

Business Requirements

- Must be available to work some evening and weekend as required

Desirable Criteria

Qualifications

- Educated to Degree Level or equivalent

Experience

- 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
- Experience of working within an elite education environment
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Skills, Knowledge and Abilities

- 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
- Understanding of the metabolic systems, how they work together and training methods to improve them
- Understanding of the Higher Education Sector, especially within sport
- A good understanding of student athlete lifestyle and the challenges, processes and priorities that come with being a student athlete

Benefits

As well as competitive pay scales, we offer generous holiday entitlement. We also offer opportunities for further salary progression based on performance, and the opportunity to join a contributory pension scheme.

For more information on the benefits of working at the University of Derby go to

<https://jobs.derby.ac.uk/display.aspx?id=1912&pid=0&tabId=230>