



Department of Sports Development and Recreation at the University of Bath

Team Bath Strength and Conditioning Placement

Overview

Under the brand of Team Bath, over 100 DSDR staff provide activities, services and facility provision to students, university staff, the local community and to high performance athletes. We aspire to create a world leading multi-sport environment based in our inspiring Sports Training Village, supporting all ages and all abilities to achieve their personal goals.

Led by Director of Sport Stephen Baddeley the £35 million Team Bath Sports Training Village is a leading centre for performance sport, comprising state of the art sport and fitness facilities, world class coaches and sector leading sport scientists, strength and conditioning specialists and physiotherapists all under one roof.

More than 250 international level athletes and more than 20 regional or national sports squads have based themselves at the STV or have their National Governing Body (NGB) based here. University of Bath student athletes train as part of our student performance programmes and benefit from this unique training environment.

Our experts within the Physio & Sports Science Centre provide performance support to elite athletes, students, coaches, and the public. Students who join our long-standing placement program will work alongside our forward-thinking, enthusiastic team that is striving to be at the forefront of university performance sport in the UK.

Role Purpose

Whilst being mentored and working alongside UKSCA Accredited strength and conditioners, we are looking to offer highly motivated and enthusiastic students the chance to gain experience and develop their strength and conditioning knowledge and applied skills in the field of strength and conditioning within a high-performance environment. You will gain valuable experience through coaching our performance sport teams and athletes and learning alongside our existing S&C team.

The role will also contribute to collective projects and events under the Department of Sports Development (DSDR).

Principle responsibilities

- Provide assistance in gym and field based S&C sessions
- Plan and lead elements of identified programmes
- Lead training and match day warm-ups
- Attend and contribute to interdisciplinary team meetings
- Attend and contribute to the S&C CPD programme
- Any other reasonable tasks required to support the S&C team and performance sports on the ground

Work placement collective responsibilities

- Contribution to DSDR events, like UKAD clean sport week, fitness fiesta
- Leading on the school program (tours and sport science testing)
- Medical assistance and communications within core sports placed where necessary
- To participate in a pre-placement, and during placement, program of CPD learning in all areas of working as part of an interdisciplinary team

Person Specification

Qualifications & Experience

Currently enrolled in a Strength and Conditioning or Sport Science related higher education degree	Essential
An ambition to work within strength and conditioning in a high-performance setting	Essential
Knowledge and/or experience in any of the noted sports	Desirable

Personal Attributes

- Ability to motivate, support and influence individuals and organisations
- Excellent communication and inter-personal skills, both written and verbal
- A positive attitude with initiative, focus and drive
- Patience with an orderly approach to problem solving
- Ability to work independently and effectively under pressure
- Ability to work with a team and contribute to the overall success of the team
- Ability to reflect upon work to create positive change

Working Hours: Full time (approx. 29-36 hours per week). The role may require extended hours and can include weekends and bank holidays. The placement approximate start date will be July/August 2022 and will run until May/June 2023.

Salary

All placements are voluntary unpaid roles.

How to apply

Please send CV, and covering letter detailing any previous experience, future goals and how you could positively impact the department and the athletes we work with.

Please apply to **Ricky Massiah** in the first instance at rgm23@bath.ac.uk (please ensure to reference the title of the placement as your subject title)

Closing Date

The closing date for applications is midnight on **20th December 2021** with interviews to be held in January 2022