

SPORTS INSTITUTE NORTHERN IRELAND

JOB DESCRIPTION

Job Title: Placement Strength and Conditioning Coach

Responsible to: Head Strength and Conditioning Coach

Salary: £13,500 (12 Month Placement Opportunity)

Job Purpose:

To assist with the integration of strength and conditioning services into the overall programmes of Institute athletes. To assist with the development of research projects into the area of strength and conditioning.

Main Areas of Responsibility

1. Assist in developing individualised training programmes for athletes as designated by head coach in conjunction with coaches and appropriate support personnel.
2. Providing strength and conditioning coaching to athletes.
3. Assist in monitoring the effectiveness of strength and conditioning programmes on sports performance.
4. Assist in the delivery of education programs to coaches and athletes on the topic of Strength and Conditioning in order to raise the culture of high performance with sport in Northern Ireland.
5. Be proactive in continuous professional development in applied strength and conditioning practice.
6. Arrange and maintain equipment and assist in the management of facilities and resources. Ensure that the training facilities are well maintained.
7. Successfully complete UKSCA Level 3 Coaching Accreditation
8. Assist with research projects in the area of strength and conditioning thus strengthening SINI position as a leader in strength and conditioning service delivery in the UK network.

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.