

SPORTS INSTITUTE NORTHERN IRELAND

PERSONNEL SPECIFICATION

Job Title: Placement Strength and Conditioning Coach

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.

1.0 Educational and Professional Qualifications

Essential Criteria

- 1.1 *Completed at least the 2nd year of a degree based programme in Sports Studies/Sports Science or equivalent.

Desirable Criteria

- 1.2 A current first aid or basic life support qualification from a recognised organisation (or willingness to gain this qualification within 3 months of commencing post).

2.0 Previous Experience/ Training

Essential Criteria

- 2.1 Ability to show an understanding of the application of Olympic lifts to athletic development.
- 2.2 Demonstrate an understanding of how a multi-disciplinary team delivers services to high performance athletes and coaches.

Desirable Criteria

- 2.3 Completion of UKSCA lifting for sport and speed and agility for sport workshops.
- 2.4 **Previous experience of a part time placement in Strength and Conditioning

3.0 Job Related Achievements

Essential Criteria

- 3.1 An understanding of the physical competencies required for international sports.
- 3.2 An understanding of current sports science and sports medicine practice.
- 3.3 An appreciation of the application of research to athletic performance.
- 3.4 An understanding of current international anti-doping protocols.

3.5 An understanding of equality issues in sport.

Desirable Criteria

3.6 Proven practical knowledge/skills in the use of IT applicable to a sports context.

4.0 Interpersonal Skills

Essential Criteria

4.1 Ability to demonstrate integrity and appropriate working relationships.

4.2 Sound organisational and planning skills.

5.0 Other Factors

Essential Criteria

5.1 Willing to work unsocial hours including evenings and weekends.

5.2 Willing to undertake occasional travel including overnight stays.

5.3 Access to transport and able to undertake travel to meet needs of post.

5.4 An understanding of individual responsibilities in complying with health and safety practices and arrangements of SINI

Please Note:

Only those applicants who clearly demonstrate relevant achievement, experience, knowledge and understanding of essential criteria **1.1** will go forward to the next stage in the recruitment and selection process.

Desirable criteria **2.4** may be used for shortlisting purposes if required.

All other essential and desirable criteria will be assessed by selection test and/or interview.