

Advert: Strength and Conditioning Coach

Location: Poole
Salary: £32,000
Hours: Full Time (37.5 hours a week)

Contract Type: Contractor – 3 years initially

Closes: Midday 1st Sept
2025

Job Ref: SC2025Poole

Overall purpose of post: To be part of a multidisciplinary Human Performance (HP) Team, supporting people to meet the high demands of working within a military unit. As part of the S&C team you will be expected to deliver high quality coaching, educational presentations and conduct practical 1-2-1 support, all backed by pertinent and contemporary research. The design and delivery of S&C programmes will be required to meet peoples varied role demands, often in an environment where time is a valuable commodity.

You should have:

- A minimum of a BSc in Strength and Conditioning, an MSc in Strength and Conditioning is however preferred.
- UKSCA Accredited S&C Coach (ASCC) or evidence of engagement with UKSCA, on the pathway to ASCC UKSCA Accreditation.
- Experience and evidence, of having worked in performance domains e.g., sports, business, military, medical or blue-light services.
- Experience of 1-1 and group coaching.
- Experience in the producing high-quality S&C programmes.
- Experience of working within a multidisciplinary team.
- Experience of delivering high quality presentations to groups.
- Skills/Experience of using various physiology/S&C related testing equipment, incl. force plates.
- The ability to conduct data management and analysis.
- Other relevant professional qualifications and experience (e.g., weightlifting, endurance, incl. HIIT, combat sports, or other areas of health and well-being).
- A full UK driver's license. There will be a requirement to attend various sites from time to time, and a car will be essential for this.

- Excellent presentation skills and be committed to CPD.
- It is desirable that you have experience working with combat sports.

You will be:

- Working under the Unit HP lead, Physical Performance Lead, and with the rest of the S&C team, to deliver the physicality element of the Human Performance (HP) programme.
- Working with at least one other S&C coach.
- Responsible for ensuring that the unit is embracing the latest advancements in sports science.
- Conducting group presentations, practical classes and 1-1 coaching sessions.
- Producing S&C programmes to meet peoples varied role demands.
- Writing of research papers to support the development of the unit HP programme.
- Giving injury advice where applicable, including the signposting to the physio department. You may also be required to work with the physio team to best support an individual's return to work.
- Gathering and managing of data, to support the delivery of the HP programme.
- Working with all the S&C team, to ensure the gymnasium and its equipment, meets the standards of a leading military HP programme.
- Working alongside the other elements of the HP Team to ensure a holistic approach to health and wellbeing.

Interviews TBC: Late September 2025.

Start Date: November 2025.

Please send a CV and cover letter for the above post to:
Human.performance.programme@gmail.com

Please note: the successful applicant will need to be subject to a background check by the MOD.