

## Strength and Conditioning Coach

Location: Hereford

Salary: £32,000

Hours: Full Time

Contract Type: Contractor – 3 years initially

Closes: 7<sup>th</sup>  
November  
2025

Job Ref: SC2510H

This is a full time, 3-year (initially) appointment, within a military training unit.

**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 presentations and conduct practical 1-2-1 support and coaching, all backed by pertinent and contemporary research. The production 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 BSc in Strength and Conditioning.
- UKSCA Accredited S&C Coach (ASCC) or evidence of engagement with the UKSCA. (On the pathway towards UKSCA Accreditation).
- Experience and evidence, of having worked in performance domains e.g., sports, business, military, medical or blue-light services.
- Experience in 1-1 and group coaching.
- Experience in the producing of 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 Physical Performance Lead, and with the rest of the team, to deliver the physicality element of the Human Performance (HP) programme.
- Responsible for ensuring that the unit is embracing the latest advancements in screening and sports science.
- Conducting group presentations, practical classes and 1-1 coaching sessions.
- Producing S&C programmes to meet peoples varied role demands.
- 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 unit S&C teams, 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.

**Interview date: TBC (November 2025)**

Start Date: as soon as possible.

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.**