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IMPERIAL COLLEGE LONDON JOB DESCRIPTION

Job Title: Strength & Conditioning Coach

Division: Property Division/COO team

Department: Move Imperial

Grade: £17.24 per/hour (£15.38 + Holiday pay) - Casual Worker

Responsible to: Lead Strength & Conditioning Coach/Performance Sport Manager

Internal Contacts: Lead S&C Coach/Performance Sport Manager, Assistant S&C Coach, Rowing Programme Manager, Sports Development Manager, Sports Partnership Administrator, Ethos Centre Manager, Ethos Duty Managers, Students, Staff, Student Union

Closing Date: 15th August 2025

Interview Date: Week beginning 1st September 2025

Start Date: September 2025

Key Responsibilities

We are seeking an experienced strength & conditioning coach to plan, deliver, and review athletic development programmes for individual athletes and performance teams. You will be responsible for creating structured S&C sessions, grounded in scientific principles, and tailored to the evolving needs of our sporting community.

You will oversee the construction and delivery of sessions to High Performance Rowing, selected scholarship athletes, and other selected performance teams programs.

You will collaborate with sport performance department to offer a holistic, athlete-centred service, designed to support dual-career student-athletes in achieving excellence in a very challenging academic and sporting environments.

The role will involve up to 20 hours per week in Terms 1 & 2 of face-to-face delivery, and approximately 15 hours in Term 3 (subject to demand). Please be aware the candidate **must be available for early morning sessions on Tuesday and Thursday mornings, with 7:00 am starts required (commencing start of October 2025)**. Evening hours will also be expected.

PLEASE NOTE THIS IS NOT AN ENTRY LEVEL POSITION. A STRONG LEVEL OF PREVIOUS COACHING IS EXPECTED.

Person Specification

Essential Criteria:

- BSc in Strength & Conditioning, Sports Science, or a related field.
- Demonstrable experience in planning, delivering, and evaluating performance enhancement programmes for teams and individuals.
- Previous experience in a higher education environment.

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- UKSCA accreditation (or ability to obtain within 6 months).
- Sport coaching qualification (e.g., Level 2+).
- Sound scientific understanding of athlete development and the needs of dual-career athletes.
- Proficient in athlete needs analysis, physical profiling, and programme monitoring and adjustment.
- Experience using performance assessment tools such as VALD ForceDecks and Output monitors.
- Strong communication, time management, and organisational skills.
- Holistic approach with the athlete placed at the centre of programming.
- Strong IT skills (Excel, Microsoft Word, MS Teams, PowerPoint, Power BI).
- Competent data management and utilisation to inform programming.

Desirable Criteria:

- MSc in strength and conditioning, sports science or other related subjects
- Additional certifications (e.g., CSCS, NASM, EXOS).
- Experience working across multiple sports in elite/high-performance settings.
- Experience of working with and developing junior coaches/interns
- First Aid qualification.
- Experience in coaching within a rowing setup would be advantageous.

Equal Opportunities

- Understanding of Equal Opportunities within the context of a student leisure environment

Essential

Knowledge/Skills/Ability

- Good Communication Skills, both written and verbal
- Good I.T. Capabilities, including knowledge of Microsoft Office package
- Reliable and trustworthy with personal data, understanding of GDPR
- Strong Time management

For an informal discussion about the role please e-mail Hamzat Ahmed hamzat.ahmed@imperial.ac.uk

To apply for the role please email a CV and covering letter outlining your suitability for the role to Hamzat Ahmed hamzat.ahmed@imperial.ac.uk

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Job descriptions cannot be exhaustive and the post holder may be required to undertake other duties, which are broadly in line with the above key responsibilities.
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