

DERBYSHIRE INSTITUTE OF SPORT



**Postgraduate Strength & Conditioning Student
Internship – 2026**

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The Derbyshire Institute of Sport (DIS) has an exciting internship opportunity for Postgraduate sports science students who are working towards their UKSCA Accreditation. We are looking to expand our outstanding coaching team to include postgraduate Strength and Conditioning interns. Initially, this is a 8-month unpaid post, which we hope will become a part-time role upon successful completion of the UKSCA Accreditation. Working hours will be 2-3 evenings per week, roughly 3 hours per evening up to a maximum of 10 hours per week (these coaching hours will be delivered alongside our experienced coaching team*). We will provide the following benefits as part of your role:

- The opportunity to work with a wide range of athletes of all ages and experience coaching the fundamentals of movement to supporting international athletes.
- Working alongside a multi-disciplinary team including physiotherapists, dietitians, psychologists, technical coaches and performance mentors.
- Build your experience collecting, analysing and interpreting athlete testing & assessment data using VALD performance kit.
- We will pay for one attempt for you to take the UKSCA Accreditation.
- You will be assigned a mentor during your internship helping to support your professional & personal development and progression towards your UKSCA accreditation.
- We will provide an athlete for you to work with for your UKSCA accreditation case study assessment.
- DIS staff kit will be provided.
- A travel allowance will be available for travel away from our main site at Derby Arena.
- *Any coaching that requires you to lead independently from another one of our coaches will be paid at a rate of £15 per hour.

The DIS is based at Derby Arena and provides bespoke support services to individuals, teams, and clubs to enable them to achieve success. Working together the team at DIS are committed to developing champions and delivering a caring service unique to each person, their goals, and needs. We have been providing dedicated, world-class, innovative sports science and personal mentoring support to athletes since the London 2012 Olympic and Paralympic Games. We offer athletes a full support service including strength & conditioning, physiotherapy, performance psychology and nutrition support, and performance mentoring.

Importantly, the DIS operate as a team. All our staff members connect the services they deliver into one cohesive, caring support network. By sharing challenges, knowledge, and innovation our team drives a coordinated, high-quality approach that provides excellent value and optimum results for individuals, clubs, and teams. All member of the DIS live by our core values of **CARE**, **PASSION** and **INTEGRITY**. As a team, *we look after the person behind the performer.*

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Role Requirements:

	Professional	Personal
<i>Essential</i>	<ul style="list-style-type: none"> • Degree in Strength & Conditioning/Sports Science/ Sports Coaching or equivalent • Ability to complete UKSCA Accreditation within the next 12 months • Previous work experience of working closely with individual athletes/Sports teams • IT literate in all Microsoft Office programmes & TeamBuildr • Level 3 first aid qualification • UK Skilled Worker visa (international applicants) 	<ul style="list-style-type: none"> • Full clean drivers' licence and access to your own car/transport • A caring, friendly, and personable character, focussing on the people before anything else • Passionate about sport, coaching and innovating solutions to performance challenges • Good integrity to uphold the high standards existing within the DIS and apply best practice them at all times • Motivation to develop and learn new skills.
<i>Desirable</i>	<ul style="list-style-type: none"> • Sport specific coaching qualification • Experience working with children/ young people 	<ul style="list-style-type: none"> • Excellent self-awareness of personal strengths & weaknesses • Confident in developing new relationships with athletes, parents, coaches, support staff and DIS stakeholders

Application Process:

To apply, please send your CV and cover letter to alex@derbyshireis.co.uk by 23:59 on Friday 27th of February 2026.

Interview process:

We will run a two-stage interview process comprising of a formal and practical interview. Formal interviews will take place the week commencing 9th of March 2026. Should you be successful in the formal interview, we will invite you back for a practical coaching interview with this date TBC.

Note:

Successful candidates will be provided with an enhanced DBS check and enrolled on a safeguarding course. Candidates will also be expected to hold appropriate coaching insurance before beginning work.

Starting date:

Internship starting date can be flexible, in end-February 2026.