

19 December 2025

UKSCA Board of Directors – Board Member: Professional Standards

The UKSCA has established itself as the professional body for Strength and Conditioning in the UK and beyond. As we enter a new phase of growth, we're looking for members with the experience and passion to help shape the future of the profession by joining our Board of Directors.

The introduction of the new S&C Trainer professional accreditation is raising awareness of the value and high standards of UKSCA Accredited members across a broader range of sectors. We continue to build partnerships with professional and governing bodies to promote member expertise, increase job opportunities, and strengthen our influence across research, academia, the military, schools, and small businesses.

While our roots have and will continue to be in elite sport, we recognise that there is now widespread recognition that the whole population can benefit from strength and conditioning and the UKSCA has a responsibility to share this message with clarity and integrity. Our members are increasingly working beyond traditional sport settings, and we are committed to supporting a more diverse and inclusive profession. This includes encouraging individuals from under-represented groups to join and thrive within our community.

We've defined specific Board roles aligned with our strategic priorities. These roles provide greater clarity and accountability, while maintaining a collaborative approach to governance. Board members will work together to set direction and ensure the UKSCA continues to meet the evolving needs of its members.

If you believe your experience can support our mission and help advance the profession, we encourage you to apply.

WHAT DO BOARD MEMBERS DO?

UKSCA Board members play a key role in shaping the direction of the Association. They meet around four times a year in person and hold regular monthly meetings online.

The Board oversees all areas of the UKSCA's work, setting strategic priorities, approving budgets, and guiding key developments. Between meetings, Board members provide input on emerging issues and make decisions on matters arising from projects, partnerships, and the work of the UKSCA office.

Board members also represent the Association externally - building relationships with member groups, professional bodies, and organisations across sport and related sectors.

AVAILABLE POSITIONS:

The Board would like to co-opt a member to fill this vacant position:

1x Board Member: Professional Standards

Please note co-opted members are not entitled to vote but may participate in all activities of the Board.

STRATEGIC RESPONSIBILITIES OF THE ROLES:

BOARD MEMBER: PROFESSIONAL STANDARDS	
<p>Strategic summary: Chartered status, accreditation standards and CPD governance.</p> <p>Purpose of the Role:</p> <p>To provide high-level governance of the UKSCA's professional standards framework—ensuring that pathways to and through accreditation are current, credible, and reflect the evolving nature of the S&C profession.</p> <p>Strategic impact:</p> <p>Ensures the UKSCA remains the benchmark-setting body for S&C excellence and maintains professional trust and credibility.</p>	<p>Key responsibilities:</p> <ul style="list-style-type: none">) Define and oversee the strategic direction of the Chartered status standard, ensuring it retains professional rigour and recognition) Provide governance for the re-accreditation and Continuing Professional Development (CPD) frameworks) Oversee periodic review and updates of the S&C Trainer and S&C Coach professional standards.

THE CO-OPTION PROCESS:

Interested and qualified individuals are now able to nominate themselves for this role. We particularly encourage member applications from underrepresented groups throughout strength and conditioning to apply. There will be no membership vote, the Board of Directors will vote for their preferred nominee and will be announced to members via email.

The nominees and referees must be current Accredited members and the ballot will be open to all current Accredited members.

A Board member having been co-opted, may, at the following Annual General Meeting (AGM) either,

- a. Ratify their membership of the Board by standing for election. If elected, they will continue as a voting Director for a period of two years following their election.
- b. Continue as a non-voting Board Member for an additional year. At the end of this year they must either stand for election as a full voting Director, or step down from the Board.

THE NOMINATIONS PROCESS:

Please email your nomination to sarah@uksca.org.uk with '2026 Board Co-option' as the subject. You will also be required to forward the following before 9 January 2026 to aid the Board's decision:

- o A one-page (A4) statement of your suitability, including your view of the role and why you should be considered, including the names of two referees
- o A copy of your CV (this will not be published as part of the election process).

If you have any questions about the election process or Director roles, then please don't hesitate to contact me at sarah@uksca.org.uk

Sarah Kilroy
On behalf of the UKSCA board

CANDIDATE SPECIFICATION

Post:	Board Member, UK Strength and Conditioning Association
	Essential Requirements of the post:
Qualifications and attainments	<ul style="list-style-type: none"> ▫ An Accredited member of UKSCA on 9 January 2026
Work and other experience	<ul style="list-style-type: none"> ▫ At least 3 years' management experience within a sports-related environment ▫ Knowledge of the UK sporting infrastructure and funding channels ▫ Experience working as a member of a team ▫ Experience of working strategically, to achieve corporate plan results ▫ Knowledge or experience in project management ▫ Experience of effective networking ▫ Demonstrable provision of strength and conditioning support and/or experience of coaching.
Skills	<ul style="list-style-type: none"> ▫ Ability to work effectively as a member of a diverse team ▫ Excellent listening and negotiating skills, open-mindedness and patience ▫ Ability to work strategically, and deliver corporate plan results ▫ Ability to network effectively ▫ Ability to lead small teams effectively.

JOB SPECIFICATION

Post:	Board Member, UK Strength and Conditioning Association
Key result areas	<ul style="list-style-type: none"> ▫ To establish and maintain high professional standards for UK strength & conditioning practitioners ▫ The promotion and dissemination of good practice, knowledge and research appropriate to strength & conditioning practitioners ▫ To facilitate communication among UK Strength & Conditioning Association (UKSCA) members ▫ To represent the interests of the membership of the UK Strength & Conditioning Association ▫ Through our members, ensure that world class strength and conditioning provision is available to athletes at all levels of sport in the UK ▫ Effective financial management, governance, policies and procedures of the association.
Measures/ targets	<p>Tasks will include:</p> <ul style="list-style-type: none"> ▫ Attendance at board meetings ▫ Forming, chairing and/or serving on any short-life working groups in response to identified needs ▫ The design, implementation and review of the Association's strategy and development plan ▫ The development and implementation of further policies, strategies and plans on behalf of the Association, as defined by the role ▫ Annual budget development and ongoing monitoring ▫ Management of board action plans.

Budget	It is expected that members of the board of directors will demonstrate accepted, sound financial management practices.
Management and direction	Reports to the membership of the UK Strength and Conditioning Association through the Chair. Collaborates with colleagues on the UK Strength and Conditioning Association board of directors and the administration offices.
Working relationships	<p>The Chair and all board members/directors will liaise internally with other board members and the wider interested parties (membership), and externally with appropriate personnel, corporate bodies and representative organisations to further the Association and its aims.</p> <p>Internal to UKSCA:</p> <ul style="list-style-type: none"> ▫ UKSCA board of directors ▫ UKSCA project team members & panels ▫ UKSCA membership ▫ UKSCA administrative offices <p>External to UKSCA:</p> <ul style="list-style-type: none"> ▫ Home Nation Sports Councils, UK Sport and Institutes of Sport ▫ National Governing Bodies of Sport ▫ Universities, FE colleges, educational awarding bodies and training providers ▫ Appropriate professional bodies ▫ Other international strength & conditioning associations ▫ Commercial companies and suppliers in the industry.
Terms and conditions	<ul style="list-style-type: none"> ▫ Members of the board of directors may not receive any remuneration for their role ▫ Members of the board of directors may receive reimbursement of reasonable travel expenses in connection with bona fide Association business