

Funded MSc Sport & Exercise Science and Medicine / Applied Strength and Conditioning Internship

This internship will offer a postgraduate MSc in Sports & Exercise Science and Medicine in conjunction with working in a performance sport environment with University of Glasgow student athletes and clubs.

This internship aims to:

Develop a well-rounded professional with first class skills and knowledge in Strength & Conditioning, Health & Fitness and Sports & Exercise Science.

Improve the quality of strength & conditioning provision and uptake by GUSA clubs.

The successful candidate will assist current strength and conditioning coaches working with GUSA clubs within University of Glasgow Sport whilst developing their knowledge and skills in this area. The candidate will:

- Plan, programme and coach Strength and Conditioning, which is underpinned by sound scientific evidence and rationale
- Develop a culture where strength and conditioning is central to the preparation process for competitive sport for GUSA clubs
- Collaborate with UofG Sport and GUSA colleagues to ensure athletes are supported holistically with their physical, social and mental wellbeing
- Assist with UofG Sport's Active Lifestyle and Operational teams to provide a world changing experience for GUSA club members and other UofG Sport members
- Undertake a research project as agreed by all parties contributing to the obligations for both the MSc and internship role
- Commit to continuing professional development throughout the duration of the role

Expectations:

The successful candidate is expected to carry out an average of 10 hours of work per week in the role outlined above, whilst studying towards their MSc on a part-time basis. In return, GUSA will fund up to £5600.00 per year for two years towards the tuition fees for undertaking of a part-time MSc in Sports & Exercise Science and Medicine at the University of Glasgow commencing during the 2025/26 Academic Session. In addition, GUSA will fund the cost of courses on the UKSCA accreditation pathway and the cost of one assessment day, thus supporting the candidate on their way to becoming a UKSCA accredited coach. Mentoring support will be provided from the UofG Sport Performance and Development Team. The successful candidate will be given the opportunity for paid

work as a freelance coach with GUSA and within UofG Sport's Active Lifestyle and Group Exercise programme for work carried out over and above their obligations outlined above. Payment for this work will be in line with the usual pay structures for all other employed freelance coaches and instructors.

Role Criteria:

Essential:

E1. Must meet the entry requirements for entry to MSc in Sports & Exercise Science & Medicine or similar masters degree.

E2. Level 2 Gym Qualification or Equivalent

E3. Experience in strength training and knowledge of Olympic weightlifting.

E4. Experience in coaching or competing in Sport at University level or higher.

E5. First class communication skills

E6. Knowledge of basic IT systems and experience using Microsoft office packages or equivalents.

Desirable:

D1. Level 3 Personal Training or Strength and Conditioning Qualification

D2: Previous attendance at UKSCA Workshops or UKSCA Trainer Qualification

D3. Experience of coaching performance athletes

D4. Experience of delivering group exercise classes

D5. Undergraduate degree in Sports Therapy or Physiotherapy

D6. Undergraduate degree or qualifications in nutrition

D7. Experience using TeamBuildr or similar programming systems

Applications:

CV and covering letter to Calum.Hill@glasgow.ac.uk and Jenny.Beedie@glasgow.ac.uk

Closing Date: 13th June 2025

Interviews Planned: Week commencing 15th July 2025

Planned Role Commencement: 25th August 2025