



# Move4Sport

## Strength and Conditioning Internship - Unpaid



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Website [www.move4sport.com](http://www.move4sport.com)





# **Move4Sport Internship 2026/27 — Applications Now Open**

**We're** looking for passionate, driven students currently completing a degree in sports science, strength and conditioning or a related field to join our team as interns for the 2026/27 academic year.

This is a fantastic opportunity to gain real, hands-on experience in a professional strength and conditioning environment — working alongside our expert coaching team with a diverse range of young athletes.

## **What you'll be involved in:**

As an intern, you'll support the delivery of S&C sessions to individuals and squads, assist with performance testing, data collection and report writing.

You'll also attend our bi-weekly CPD sessions — designed to support your development and deepen your understanding of applied S&C coaching.

We'll actively support you through your UKSCA accreditation, giving you the tools and experience you need to build a career in the industry.

## **What we're looking for:**

You don't need to have all the answers — but you do need the right attitude. We want people who are curious, committed and share our belief that every athlete deserves to be coached with care and intention.

The role requires a commitment of 1-2 evenings/afternoons per week, making it ideal alongside study or a part-time role.

If you're a current student or recent graduate looking to take your first real step in the S&C world, we'd love to hear from you.

**Please email a CV and Cover Letter to:**  
[tommartin@move4sport.org.uk](mailto:tommartin@move4sport.org.uk)