

## Strength & Conditioning Master by Research (MRes) Practitioner

<b>Role title:</b>	Strength & Conditioning MRes Practitioner
<b>MRes topic:</b>	We envisage the research topic will be closely aligned to the services which the successful applicant is delivering in the area of Strength and Conditioning and may be within the topic of <b>Subjective/Objective Monitoring Methods</b> .
<b>Bursary:</b>	Full sponsorship of tuition fees for a full-time postgraduate Home research student (£4,786). Whilst International applicants are welcomed, applicants should be aware that the bursary is only to the amount of UK fees.
<b>Postgraduate loan:</b>	The student will also be eligible to apply for a living-cost loan of up to £6,900 through the Student Awards Agency Scotland (SAAS).
<b>Applied placement:</b>	Alongside the academic duties, the role entails also providing approximately 6-8hours per week of applied support as directed by Strathclyde Sport.
<b>Location:</b>	Strathclyde Sport, University of Strathclyde, Glasgow.
<b>Accountable to:</b>	Dr. Antonio Dello Iacono, Reader, School of Health and Life Sciences, University of the West of Scotland (Director of Studies)  Mr. Milan Marinkovic, Lead Physical Performance Coach, Strathclyde Sport, University of Strathclyde (Primary Applied Supervisor)
<b>Duration:</b>	The PGR-Practitioner will have 12 months (Commencing on October 1 <sup>st</sup> , 2025) to collect data and up to 18 months to submit their thesis, but typically PGR students are able to submit within the 15 months.
<b>Application Closing date:</b>	<b>09:00 GMT on Monday 2<sup>nd</sup> of June 2025.</b>
<b>Ref No:</b>	PGR-Practitioner_2025-26

## Advert

In order for Strathclyde Sport to fulfil its aspirations of delivering World-Class evidence-based support, Strathclyde Sport aims to embed applied research into its organisational structure through offering a unique opportunity for an ambitious individual to develop their skills as an evidence-based practitioner and applied researcher.

Through an innovative collaboration, the PGR-Practitioner will receive simultaneous supervision from senior applied practitioners and academic research staff from the School of Health and Life Sciences at the University of West of Scotland.

The successful candidate will be a reliable, conscientious, and analytical individual who has the passion and work ethic to develop evidence-based practice guidelines in S&C. Furthermore, you will be degree

qualified in a Sport Science discipline with experience of assisting in the provision of gym- and court/field- based S&C services.

## Brief outline of the role

Under the mentorship of the Lead Physical Performance Coach, the PGR-Practitioner will be expected to perform to approximately 6-8 hours per week of applied support (e.g. designing, coaching and evaluating S&C programmes) to external partners, and University of Strathclyde **FOCUS**port Clubs and Performance Sport Scholars for 15-months.

Whilst the research topic would be decided collaboratively by the successful applicant, Strathclyde Sport staff and the academic supervisory team, it is anticipated that the research topic would be closely aligned to the services which the successful applicant is delivering.

The post holder must be willing to work some early mornings, evenings and weekends.

## Main learning opportunities

The studentship will provide the opportunity to:

- Gain first-hand experience in a high performance multi-disciplinary environment
- Gain experience in collecting fitness testing data and formulating reports
- Acquire a valid Emergency First Aid Certificate
- Develop programming and planning skills
- Develop in-depth knowledge of biomechanical measurement
- Enhance analytical, problem-solving and academic writing skills
- Be involved in a range of professional development opportunities across the year, including: attending internal and external workshops and informal visits to other performance environments

## Person specification

<b>Educational and/or Professional Qualifications</b> (E=Essential, i.e. a candidate must meet all essential criteria to be considered for selection, D=Desirable)	<b>Essential/ Desirable</b>	<b>Assessment Method</b>
Minimum (or predicted) upper second class undergraduate degree in Sport Science or related degree	Essential	Application/ CV
UKSCA membership	Essential	Application/ CV
UKCC Level 1 Award in Coaching Weightlifting / IRB S&C Level 1 / ASCA Accreditation / UKSCA Foundation Course (if currently not UKSCA Accredited)	Essential	Application/ CV

UKSCA accreditation	Desirable	Application/ CV
A current emergency first aid or basic life support qualification from a recognised organisation	Desirable	Application/ CV
<b>Experience</b>		
Experience of assisting the provision of S&C services in a performance sport environment	Essential	Application/ CV
Track record of integrating into pre-established multidisciplinary teams	Desirable	App/CV/ Interview
Experience of applying long-term athletic development in programming and planning	Desirable	App/CV/ Interview
Experience of working in a HE sporting environment and an understanding of the BUCS and SSS competition structures	Desirable	Application/ CV
Experience of competing as a competitive Weightlifter, Powerlifter, Track or Field Athlete or Gymnast	Desirable	Application/ CV
<b>Job Related Skills and Achievements</b>		
Proficient in data collection, analysis and visualisation of results using appropriate fitness testing equipment and IT software	Essential	App/CV/ Interview
Analytical and innovative problem-solving skills	Essential	App/CV/ Interview
Ability to prioritise tasks and manage time efficiently	Essential	Reference
Knowledge and understanding of Health and Safety Legislation	Desirable	Application/ CV
<b>Personal Attributes</b>		
An ability to energise, motivate and inspire athletes and colleagues	Essential	Reference
Excellent communication and interpersonal skills	Essential	Interview
Hardworking and perseverant	Essential	Reference
Discrete with confidential information	Essential	Reference
Ambitious and proactive	Desirable	Interview
Systematic and conscientious	Desirable	Reference
Receptive to feedback	Desirable	Reference
Display a lifelong commitment to professional development	Desirable	App/CV/ Interview
<b>Other Relevant Factors</b>		
Willing to work some early mornings, evenings and weekends to meet the needs of athletes studying towards academic qualifications	Essential	Interview

## Application information

### Informal enquiries

Informal enquiries about the post can be directed to Dr. Antonio Dello Iacono, Reader in Strength and Conditioning ([antonio.delloiacono@uws.ac.uk](mailto:antonio.delloiacono@uws.ac.uk)) or Mr. Milan Marinkovic, Lead Physical Performance Coach ([milan.marinkovic@strath.ac.uk](mailto:milan.marinkovic@strath.ac.uk)).

### Application process

Applications should be submitted electronically to Dr. Antonio Dello Iacono ([antonio.delloiacono@uws.ac.uk](mailto:antonio.delloiacono@uws.ac.uk)) and Mr. Milan Marinkovic ([milan.marinkovic@strath.ac.uk](mailto:milan.marinkovic@strath.ac.uk)) stating reference **PGR-Practitioner\_2025-26** in the subject of your email and should include:

1. Cover letter outlining your interest in the Studentship (maximum one page).
2. Curriculum vitae including the name and contact details for two referees (one must be academic).

### Interviews

Formal interviews for this post are provisionally scheduled for **Week Beginning 23<sup>rd</sup> of June 2025**.

### University registration

The bursary is subject to the candidate's successful acceptance by the University of the West of Scotland registry department.