

Strength and Conditioning Work Placement

This university sandwich year work placement, designed for outgoing second year undergraduate students, combines a voluntary Strength & Conditioning (S&C) & paid Health & Fitness (H&F) role to broaden knowledge, coaching styles & increase employability.

Performance Herts are UKSCA accredited Strength & Conditioning professionals working with a wide range of athletes in a multitude of sports, from grass root development to World Class & Olympic performers.

- Post Title:** University Sandwich Year Work Placement – Assistant Strength & Conditioning Coach at Performance Herts / Health & Fitness Coach at Hertfordshire Sports Village.
- Hours:** 37.5hrs per week (S&C = 0.7 FTE, 26hrs per week / H&F = 0.3 FTE, 11.5hrs per week)
- Duration:** 1-year work placement from Tuesday 01 September 2026 – 31 August 2027
- Salary:** S&C role = Voluntary / H&F role = starting salary £7853.12 with an incremental increase following completion of a 6 month probation period.
- Benefits:** Extensive CPD opportunities with in-house workshops, REPS Level 2 Gym Instructor, UKSCA Level 3 S&C Trainer Diploma

Our vision is to be the region's leading S&C provider. To help us achieve our vision we are looking to recruit a hardworking, knowledgeable, and highly passionate aspiring S&C coach to join our team on a work placement year.

Our clients & athletes include England Squash, Women's FA, London Mavericks, England Netball, England Golf, County & Regional Golf Swimming & Netball squads, TASS athletes, UH Performance Sports & Scholars & many more.

Working with the support of Body Balance Physiotherapy, Hertfordshire Sports Village (HSV) & the University of Hertfordshire (UH), our work enables athletes to optimise their performance, avoid injury, peak for major competitions, & educate them in areas such as recovery methods, nutrition & anti-doping.

The S&C part of this role is supplemented by a paid role as a health & fitness coach within the HSV gym team. This is a newly added part of this work placement role in order to broaden experience to include the H&F industry, fitness qualifications & training of the general public as well as S&C experience with grass root athletes through to World Class performers. This addition will also increase your earning potential, the number of qualifications you can gain over the year, and ultimately, your employability.

We are looking for an individual to help support our S&C & H&F teams from September 2025 for a year's work placement. If you are interested in working within sport, S&C & H&F & looking to supplement your

CV with experience working with a wide range of athletes (both level & sports) under the supervision of a team of UKSCA accredited & highly experienced S&C coaches who will help you work towards accreditation & qualifications then please feel free to apply. This includes the opportunity to do the REPS Levels 2 Gym Instructor qualification and UKSCA Level 3 S&C Trainer Diploma run here at Performance Herts. You must be able to use your own initiative, be pro-active, have a thirst to learn, work well as part of a busy & multidisciplinary team & have good people & computer skills.

Previous work placement students have gone on to these roles:

- S&C Coach for GB Badminton/ UKSI
- School Athletic Development Coaches
- Lead S&C coach at Coventry University
- S&C Coach for Ealing Rugby FC
- S&C Coach for England Rugby Sevens
- S&C Coach for Coventry Blaze Ice Hockey Team
- S&C Coach at Performance Herts
- S&C Coach for London Mavericks Youth

Previous work placement students have this to say about their year at Performance Herts & HSV:

- *"My placement year at Performance Herts was the **highlight of my University degree**. It was the **perfect environment to develop myself both academically and professionally**. A culture of development that stems from the management through the coaches, the interns, into the athletes make this an **excellent place to work**. I would **highly recommend** this placement to anyone who's looking to take the next step in their career."*
- *"My placement at Performance Herts **created so many opportunities** for me to improve as a coach during that year and since then too. The main area it helped me with was by increasing my **confidence** in training and leading group sessions and my **knowledge base** which vastly **helped with my 3rd year modules** and dissertation."*

To Apply: Please send a copy of your CV (maximum of 2 pages) & application video (maximum 5 minutes sent via WeTransfer) explaining your interest in Strength and Conditioning and why you feel your qualifications, experience and personality would make you a great asset to the Performance Herts & HSV health and fitness teams.

Please send these to **Maximillian Honigsbaum, Head of Strength and Conditioning** at performanceherts@herts.ac.uk

Contact Details: For an informal discussion about this post please contact the Performance Herts team on 01707 281002 or performanceherts@herts.ac.uk

Closing Date: Friday 30 January 2026

Interview Date(s): Tuesday February 10th 2026 12-4pm and Friday February 13th 2026 9-11am and 12-3pm. Please state your availability upon applying.

We look forward to receiving your application.