

Opportunity	S&C consultant coach
Division	AAD
Department	Oxford University Sport
Location	Blues Performance Gym, Iffley Rd Sport Centre, OX4 1EQ
Remuneration	£25 per session
Hours	Freelance / Self employed: Part time 3-10 hours per week during term time mornings and evenings. Term time = 28 weeks per year.
Reporting to	Performance Sport Manager
Deadline	12 noon 3 rd August 2026
Start date:	October 2026

The Role

Help develop Oxford University's highest-performing student-athletes.

The [Blues Performance Scheme \(BPS\)](#) supports talented student-athletes to achieve excellence in sport whilst balancing the demands of studying at one of the world's leading universities. Working across more than 20 sports, the programme supports athletes competing at the highest level of university sport, as well as those representing Great Britain and their home nations on the international stage.

As a **Strength & Conditioning Consultant**, you'll play an important role in helping athletes perform at their best. Delivering both team and individual coaching sessions, you'll work with a diverse range of sports including Rowing, Rugby, Hockey, Athletics, Squash, Triathlon, Powerlifting, Taekwondo and many more.

You'll become part of an experienced multidisciplinary performance team, collaborating with Strength & Conditioning coaches, physiotherapists, nutritionists and psychologists to deliver an integrated, athlete-centred service.

Whether you're looking to build experience towards UKSCA accreditation or take the next step in your coaching career, this is an excellent opportunity to develop your skills in one of the UK's leading university high-performance environments.

Role Responsibilities

- Plan, deliver and record S&C sessions using Teambuildr, our online training platform.
- Liaise with the S&C coach and Performance Sport Manager to monitor progress and track performance impact.
- Ensure the delivery effectively meets the needs of the team with integration and understanding of their seasonal training program.

- Attend multidisciplinary meetings with technical coaches, sports science and medicine support staff, leadership groups and other support roles where appropriate.
- Effectively communicate with team captains and coaches regarding physical preparation objectives of the season ahead.
- Possible additional hours working with teams and individual athletes on 1-to-1 basis.
- Work within UKSCA code of conduct.

Person Specification

Qualifications / Experience / Skills	Essential / Desirable	Assessed by
Studying or completed a degree at University (Bachelor or MSc in Sports Science, S&C related field).	Essential	Application
At least 6 months experience in delivering group fitness or group strength and conditioning sessions.	Essential	Application
Excellent work ethic and interpersonal skills, reliable, confident, enthusiastic and ability to communicate in an inspiring and engaging manner.	Essential	Interview
Evidence of good administrative, organisational and prioritisation skills including appropriate IT skills	Essential	Interview
Willingness to engage in continued professional development.	Essential	Application
UKSCA accredited or ability to obtain within 12 months.	Desirable	Application / Interview
Experience working with elite athletes or performers is desirable.	Desirable	Application

How to apply:

Please apply to Performance@sport.ox.ac.uk with a CV and a one-page cover letter which includes your long-term aspirations and experience so far within the industry of performance sport. For an informal discussion about the role please email Tiahan.eeles@sport.ox.ac.uk. The deadline for the application is the 03/08/2026.