

Strength and Conditioning Practitioner



Reports To:

- Sports Rehabilitation and Strength & Conditioning Lead
- Health and Wellbeing Team

Additional Mentorship:

- Professional development and dance-specific experience supported by Senior Ballet Staff
 - Development opportunities for UKSCA and BASES
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Role Purpose:

The Strength and Conditioning (S&C) Practitioner will assist in the design and delivery of evidence-informed strength, conditioning, and performance enhancement programmes for KS Dance elite pre-professional dancers. This role provides hands-on experience within a professional dance training environment, supporting both group and individual performance development while working closely with experienced practitioners in sports rehabilitation, conditioning, and dance instruction.

Key Responsibilities:

Programme Delivery and Support

- Deliver and assist with group strength and conditioning sessions across all levels of the KS Dance programme.
- Support the implementation of tailored individual performance programmes for dancers under supervision.
- Monitor student progress through appropriate testing, observation, and feedback.
- Contribute to athlete load management, recovery, and injury-prevention strategies.

Collaboration and Supervision

- Work under the guidance of the Health and Wellbeing Team to ensure safe, effective, and holistic training delivery.
- Receive mentorship and professional development from the Sports Rehabilitation and Strength & Conditioning Lead.
- Liaise with dance faculty and senior ballet staff to integrate physical preparation with the artistic and technical demands of dance training.

Education and Development

- Engage in reflective practice and ongoing learning in applied strength and conditioning principles.
 - Attend workshops, staff meetings, and professional development sessions as directed.
 - Participate in observational and practical learning opportunities within ballet and contemporary dance classes.
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Key Skills and Attributes:

- A developing understanding of strength and conditioning principles, particularly within dance and performing arts.
 - Excellent communication and interpersonal skills.
 - Ability to work collaboratively within a multidisciplinary team.
 - Professionalism, enthusiasm, and a willingness to learn in a dynamic training environment.
 - Awareness of health, safety, and safeguarding standards.
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Essential Requirements:

- Currently studying or recently graduated in **Sports Science, Strength and Conditioning, Sports Rehabilitation**, or a related discipline.
 - Interest in working within dance, performing arts, or youth athlete development.
 - Basic knowledge of exercise programming and gym-based coaching.
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Desirable:

- Experience delivering or assisting in group fitness, athletic development, or dance conditioning sessions.
 - Familiarity with screening and testing protocols used in athletic or dance populations.
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Placement Details:

Please send cv and cover letter to Rupert.wiltshire@ksdance.ac.uk

- **Location:** KS Dance, Warrington
- **Duration:** Term Time
- **Salary:** £12.21/hour
- **Hours:** Part Time
- **Supervision:** Regular supervision, feedback, and mentoring sessions with the Health and Wellbeing Team and S&C Lead

The College is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Employees will, in accordance with statutory guidance, be subject to a comprehensive checking process including references from current and previous employers, health, right to work in the UK, an enhanced DBS check and a further check against the appropriate barred list. To comply with legislation, you are required to obtain a DBS check for your role. Full induction and training will be given for your role.