

Opportunity	S&C consultant coach
Division	AAD
Department	Oxford University Sport
Location	Blues Performance Gym, Iffley Rd Sport Centre, OX4 1EQ
Remuneration	£20 per session
Hours	Freelance / Self employed: Part time 3-10 hours per week during term time mornings and evenings. Term time = 30 weeks per year.
Reporting to	Sport Performance Manager
Deadline	12 noon 1 st August 2025
Start / End Dates:	October 2025 – June 2026

The Role

The [Blues Performance Scheme](#) (BPS) supports high performing teams and individual athletes at University of Oxford to improve their long-term performance in sport whilst balancing their academic commitments. The BPS encompasses a wide variety of elite athletes competing at international level in; Athletics, Hockey, Rowing, Squash, Modern Pentathlon, Powerlifting, Taekwondo, Equestrian, Triathlon, Amputee Football, Blind Football, and an extensive network of high performing athletes competing in the British Universities premier divisions.

The role will provide a platform to interact with a wide variety of high-level athletes in group, and 1-2-1 sessions. As part of the role you will work alongside members of the multi discipline performance sport team to successfully provide a holistic athletic development service for Oxford's student athletes.

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 01/08/2025.