



Performance Vacancy

Position	U19s Sport Scientist
Department	Performance
Report to	Head of Academy Performance
Location	Oriam - Scotland's Sports Performance Centre, Edinburgh, EH14 4AS, and away fixture venues.
Salary	Competitive salary plus excellent staff benefits.
Hours	Full time, 37.5 hours per week to be worked flexibly to meet the needs of the U19s training and fixture schedule, which will include evening and weekend work.
Closing Date	6 April 2026 - Close of play

Heart of Midlothian Football Club has an exciting opportunity for a Sport Scientist to work with our U19s squad. The Sport Scientist will lead a program of sport science support services, including on-pitch and gym-based delivery, GPS load monitoring and fitness testing for our U19s squad. You will play an essential role in the players' preparation for matches and will be required to attend all U19s fixtures, both home and away.

If you have previous experience of providing Sport Science services within a professional team sport environment, have a degree in Sport Science or related discipline, are highly motivated and passionate about working with and developing young athletes - we would love to hear from you.

U19s Sport Scientist Responsibilities:

- Implement our long-term athletic development framework to support young athletes in preparing for the physical demands of full-time professional football.
- Liaise with the Head of Academy Performance to design and plan daily, weekly and monthly training sessions.
- Maintain data management systems for monitoring of players GPS and fitness testing results.
- Adopt a conscientious approach to data entry and use good judgement in the interpretation and dissemination of results.
- Design and deliver gym-based training sessions, conditioning drills, and on pitch warm-ups prior to training and matches.
- Provide off-pitch match day support to the U19s players to enhance their physical readiness and preparation.
- Design and deliver regular fitness testing during pre-season, and at regular intervals throughout the season.
- Develop and maintain strong working relationships and work collaboratively with players, coaches, the wider Performance Department and employees of the Club.
- Facilitate and proactively contribute to applied research projects as directed by the Academy Head of Performance.



Essential Experience, Qualifications & Requirements:

- Previous experience of providing Sport Science services within a full-time or part-time professional team sport environment, preferably football.
- Undergraduate degree in Sport Science or related discipline.
- Postgraduate degree in Sport Science or related discipline (*Desirable*).
- UKSCA accredited or ability to apply within a period of 6 months (*Desirable*).
- BASES accredited or working towards via supervised experience pathway (*Desirable*).
- ISAK level 1 accreditation (*Desirable*).
- Able to evidence Legal Right to Work in the UK.

Essential Skills & Abilities:

- Able to build strong working relationships with fellow practitioners, coaches and players.
- Excellent communication and interpersonal skills.
- Conscientious and committed to attention to detail.
- Able to operate within a high-pressure working environment.
- Confident IT user.
- Committed to continuous professional development.
- A high standard of professionalism and confidentiality.
- Flexibility with weekly working patterns, including evenings, weekends and matchdays.

How to apply: If you think that you are suitable for the position and meet the criteria above, please send a Covering Letter and CV to Recruitment@homplc.co.uk.

The role will have regular contact with children, and it is therefore required by law to have a Protection of Vulnerable Groups (PVG) check through Disclosure Scotland as a condition of employment.

HEART OF MIDLOTHIAN FOOTBALL CLUB IS AN EQUAL OPPORTUNITIES EMPLOYER AND FULLY COMMITTED TO THE SAFEGUARDING AND WELFARE OF VULNERABLE GROUPS.

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