

Company: Hong Kong Sports Institute Limited

Position Title: Assistant Scientific Conditioning Coach / Scientific Conditioning Coach

THE JOB

Reporting to the Senior Scientific Conditioning Coach, the Assistant Scientific Conditioning Coach / Scientific Conditioning Coach will be responsible for the following duties:

- Develop and implement safe and effective training programmes for athletes;
- Supervise injured athletes' training in cooperation with the Sports Medicine Centre;
- Coordinate scientific testing in cooperation with the Scientific Assessment team and TID team;
- Perform fitness and field-testing on athletes for monitoring training progress;
- Collaborate with other disciplines of the Scientific Conditioning Centre and other Centres as appropriate to the biopsychosocial operational model;
- Provide both local and overseas on-field support to elite sports teams;
- Centralize and maintain a database for all training records;
- Assist in administrative tasks and supervise junior staff;
- Organize, implement and assist in educational workshops and lectures for athletes, coaches and/or NSAs;
- Monitor the maintenance of the fitness area and equipment; and
- Keep abreast of the current trends of Strength and Conditioning for peak performance.

THE REQUIREMENTS

- A university degree in strength and conditioning, sports science or a relevant discipline;
- A minimum of 4 years relevant working experience in strength & conditioning. Candidate with less experience will be considered as Assistant Scientific Conditioning Coach;
- Holder of a certified Strength and Conditioning specialist certification or a related qualification;
- UKSCA accredited Coach or S&C Trainer, or on the pathway to becoming accredited;
- Holder of valid first aid, CPR and AED certificate;
- Excellent command of both spoken and written English. Ability to speak Putonghua and/or Chinese is a definite advantage;
- Excellent interpersonal and communication skills across all levels of athlete, coach and management;
- Proficient in computer software application such as Microsoft Excel and Microsoft Office;
- Conscientiousness and accurate in monitoring athletes, recording data and reporting;
- Able to work irregular hours and perform under pressure; and
- Awareness/ knowledge of Child Protection in sport and equal opportunity issues in the context of Hong Kong are an added advantage.

APPLICATIONS

Please submit your application on or before **29 April 2026**.

Please submit via <https://www.careers-page.com/hksi-org/job/L3X3Y93W> (Assistant Scientific Conditioning Coach) or <https://www.careers-page.com/hksi-org/job/QV549XWR> (Scientific Conditioning Coach).

Appointment will be on a fixed term contract. General information is available at the website <http://www.hksi.org.hk>.

Applicants who are not invited for interview within six months may consider their applications unsuccessful.

All applications will be treated in the strictest confidence. Data collected will be used for recruitment and other employment-related purposes only

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