

S&C Postgraduate Master by Research (MRes) Practitioner

Organisation: Athlete Focused and University of the West Scotland

MRes topic: We envisage the research topic will be closely aligned to the services which the successful applicant is delivering in the area of Strength and Conditioning and may be within the topic of autoregulation methods in resistance training in female football players.

Bursary: Full sponsorship of tuition fees for a full-time postgraduate Home/EU research student (£4,789). Whilst International applicants are welcomed, applicants should be aware that the bursary is only to the amount of UK/EU fees.

Postgraduate loan: The student will also be eligible to apply for a living-cost loan of up to £6,900 through the Student Awards Agency Scotland (SAAS).

Applied placement: Alongside the academic duties, the role entails also providing approximately 6-8 hours per week of applied support as directed by Athlete Focused.

Location: Glasgow, UK

Accountable to: Dr Antonio Dello Iacono, Dr Mykolas Kavaliauskas and Julia Donnelly

Duration: The PGR-Practitioner will have 12 months (Commencing on 1/10/25) to collect data and up to 18 months to submit their thesis, but typically PGR students are able to submit within the 15 months.

Application Closing date: 12pm - Monday 16th June 2025

Interview Date: w/c 23rd June 2025

Ref No: PGR-Practitioner_2025-26

Job Description

At Athlete Focused, we are passionate about developing young practitioners while helping our range of sporting clients succeed. We, in our award-winning partnership with the University of West of Scotland, are recruiting a Masters by Research student, offering an excellent opportunity for you to enhance your skills as an evidence-based practitioner and applied researcher, by embedding applied research with one of our current clients.

PGR-Practitioners will receive supervision from senior applied practitioners at Athlete Focused and academic research staff from the University's Division of Sport, Exercise and Health.

The successful candidate will be professional, energetic, and analytical individual with a passion for developing evidence-based practice guidelines in Strength and Conditioning (S&C). You will hold a degree in a Sport Science discipline and have experience assisting with gym and pitch-based S&C services. A strong work ethic is essential.

Brief outline of the role

Under the supervision of Athlete Focused's staff, the PGR-Practitioner will be expected to perform approximately 6-8 hours per week of applied support (e.g. designing, coaching and evaluating S&C programmes) for Athlete Focused's clients for 15-months.

Whilst the research topic would be decided collaboratively by the successful applicant, Athlete Focused and the academic supervisory team, it is anticipated that the research topic would be closely aligned to their S&C service provision.

The post holder must be willing to work some early mornings, evenings and the occasional weekend.

Main learning opportunities

The studentship will provide the opportunity to:

- Gain first-hand experience in a high performance multi-disciplinary environment
- Gain experience in collecting fitness testing data and formulating reports
- Develop programming and planning skills
- Develop in-depth knowledge of biomechanical measurement
- Enhance analytical, problem-solving and academic writing skills
- Be involved in a range of professional development opportunities across the year, including: attending internal and external workshops and informal visits to other performance environments
- Acquire a valid Emergency First Aid Certificate, if not already achieved
- Gain a UKSCA S&C Trainer award, if not already achieved
- Gain an ISAK accreditation, if not already achieved

Person specification

Educational and/or Professional Qualifications	Essential/ Desirable	Assessment Method
Minimum (or predicted) upper second-class undergraduate degree in Sport Science or related degree	Essential	Application/CV
UKSCA membership	Essential	Application/CV
UKCC Level 1 Award in Coaching Weightlifting / IRB S&C Level 1 / ASCA Accreditation / UKSCA Foundation Course (if currently not UKSCA Accredited)	Desirable	Application/CV
UKSCA accreditation	Desirable	Application/CV
A current emergency first aid or basic life support qualification from a recognised organisation	Desirable	Application/CV
Experience		
Experience of assisting the provision of S&C services in a performance sport environment	Essential	Application/CV
Track record of integrating into pre-established multidisciplinary teams	Desirable	App/CV/ Interview
Experience of applying long-term athletic development in programming and planning	Desirable	App/CV/ Interview

Experience of working in a HE sporting environment and an understanding of the BUCS and SSS competition structures	Desirable	Application/CV
Job Related Skills and Achievements		
Proficient in data collection, analysis and visualisation of results using appropriate fitness testing equipment and IT software	Essential	App/CV/ Interview
Analytical and innovative problem-solving skills	Essential	App/CV/ Interview
Ability to prioritise tasks and manage time efficiently	Essential	Reference
Knowledge and understanding of Health and Safety Legislation	Desirable	Application/CV
Personal Attributes		
An ability to energise, motivate and inspire athletes and colleagues	Essential	Reference
Excellent communication and interpersonal skills	Essential	Interview
Hardworking and perseverant	Essential	Reference
Discrete with confidential information	Essential	Reference
Ambitious and proactive	Desirable	Interview
Systematic and conscientious	Desirable	Reference
Receptive to feedback	Desirable	Reference
Display a lifelong commitment to professional development	Desirable	App/CV/ Interview
Other Relevant Factors		
Willing to work some early mornings, evenings and weekends to meet the needs of athletes studying towards academic qualifications	Essential	Interview

Application information

Informal enquiries

Informal enquiries about the post can be directed to Athlete Focused Head of Performance Julia Donnelly (Julia.Donnelly@athletefocused.com).

Application process

Applications should be submitted electronically to antonio.dellaiacono@uws.ac.uk and julia.donnelly@athletefocused.com stating reference **PGR-Practitioner_2025-26** as the subject of your email and should include:

1. Cover letter outlining your interest in the Studentship (maximum one page).
2. Curriculum vitae including the name and contact details for two referees (one must be academic).

Interviews

Formal interviews for this post are provisionally scheduled for the w/c 23rd June 2025.

University registration

The MRes fee funding is subject to the candidate's successful acceptance by the registry department.