

Job Description

Strength and Conditioning Coach

Salary:	Hourly paid (Grade 8)
Contract:	Timesheet paid (6 hours per week), fixed term (1-year)
School/Department:	School of Natural Sciences
Location:	Canterbury Campus
Responsible to:	Dr Julie Gooderick

Job purpose

We are seeking to appoint a UK Strength and Conditioning Association (UKSCA) accredited strength and conditioning coach to provide strength and conditioning provision to funded athletes from the Talented Athlete Scholarship Scheme (TASS) programme. The role of the strength and conditioning coach is to maximise the physical performance capabilities and minimise risk of injury by providing effective planning, programming and physical preparation of all athletes within the programme. You will lead on the management and delivery of the day-to-day physical training for TASS athletes at the University of Kent, whilst also integrating as part of a wider multidisciplinary support team. You will actively engage with external partners when necessary, and contribute to the University's wider research strategy via facilitation of research projects. The ability to work both independently and as part of a team is essential, along with strong organisational and communication skills. This role requires the ability to coach across a variety of age groups. The advertised position is for a duration of 12 months, and will provide the candidate with a rich, collaborative environment within the University of Kent's School of Natural Sciences.

Key accountabilities and Duties

- Provide high quality strength and conditioning support to University of Kent's TASS athletes, leading on individualised programming and delivery of sessions
- Use performance data, in line with the TASS lead's strategy, to regularly assess and refine the effectiveness of training programmes
- Facilitate an effective and engaging working environment, encouraging athlete autonomy and athlete-centred learning
- Attend and contribute to multidisciplinary team meetings
- Provide support for any University of Kent research projects, as requested by the TASS lead
- Provide pastoral support to athletes and refer to wider services within the multidisciplinary team as appropriate
- Undertake personal CPD as appropriate to meet the demands of the role and ensure professional standards.

Internal & external relationships

Internal:	Julie Gooderick (TASS lead), other staff within the multidisciplinary team
External:	TASS, external coaches/medical staff as and when requested by TASS lead

Health, safety & wellbeing considerations

This job involves undertaking duties which include the following health, safety and wellbeing considerations:

- Regular use of Screen Display Equipment
- Repetitive limb movements
- Prolonged physical/manual work/Manual handling (inc. human beings)
- There may be a requirement to work evenings

Person specification

The person specification details the necessary skills, qualifications, experience or other attributes needed to carry out the job. Applications will be measured against the criteria published below.

Selection panels will be looking for clear evidence and examples in an application, or cover letter (where applicable), which back-up any assertions made in relation to each criterion.

Essential Criteria:

- A postgraduate degree in a related field of study (e.g., Strength and Conditioning, Sports Science, Sports Therapy) (A)
- UKSCA accreditation (A)
- Demonstratable experience in athlete development within different sports (A, I, T)
- UKAD clean sport advisor (or willing to undertake this prior to commencing the role) (A)
- Strong verbal communication skills, with the ability to convey complex information clearly to diverse audiences (I,T)
- Commitment to research integrity, ethical practices, and adherence to governance and health and safety regulations (I, T)
- Firm commitment to achieving the University's vision and values (I)
- Commitment to deliver and promote equality, diversity and inclusivity in the day-to-day work of the role (I, T)

Desirable Criteria:

- Experience in field-based data collection on exercise performance (A, I)
- Experience of coaching athletes to major championships (A, I)

Assessment stage: A - Application; I - Interview; T - Test/presentation at interview stage

Application process:

Please email CV and cover letter, detailing your experience and how you meet the essential criteria for the role, to j.gooderick@kent.ac.uk with the email title "strength and conditioning coach". Shortlisted candidates will be invited for interview and delivery of a practical coaching session.

Application deadline: 21st July 2025.