



Job Title: Senior Strength & Conditioning Coach

Unit/School: Cardiff Met Sport

Grade: 5A/B

HERA: CMETS95

Core purpose of role

The Performance Services team is an integral part of the wider Sports System, working across the university's performance programmes to deliver the highest quality support with the aim of ensuring the very best student-athlete experience. The role will lead the planning, delivery and monitoring of a robust strength & conditioning programme for selected performance programmes.

Key responsibilities and contributions

- Act as physical preparation lead to selected performance programmes, engaging and facilitating connect between other disciplines, coaching and the Head of Performance Services.
- Be responsible for the planning and administration of a robust S&C provision for selected performance programmes, to include periodic planning to the stages of the season and encompass training and competition requirements
- Be an integral member of the multi-disciplinary team, providing technical expertise in physical preparation and supporting the overall progress of the performance programme. Work collaboratively to develop a network of support for the performance programmes through various stakeholders, academic teams and partners.
- Manage relationships between the performance programmes, NGBs and external clubs to ensure a balanced and athlete-centred approach to physical preparation.
- Develop team and individual physical preparation programmes.
- Deliver key communications to players to understand progress, goals and support messaging of the wider MDT and coaching team.
- Collaboratively develop structured return to play (RTP) processes.
- Directly provide or facilitate through others, matchday S&C provision as required.
- Provide regular digital reports to programme staff to aid programming, planning, team selection and squad-based decision making.
- Recruit and manage placement and internship students.
- Deliver content and actively engage in regular CPD across the Performance Services Team.
- Lead elements and take a collaborative approach to support a multi-disciplinary approach to in-season and end of season reviews.

- Comply with all clinical governance processes and codes of conduct, completing associated duties for the British Universities & Colleges Sport (BUCS) and Performance Services minimum operating standards, including the audit and review process for all relevant areas.

Person specification

Essential qualifications / Professional memberships

- Undergraduate degree in strength & conditioning (or similar exercise science related degrees).
- UKSCA Accredited Coach status (or equivalent NSCA, ASCA etc).

Essential experience, knowledge and skills

1. Experience of working as a strength and conditioning coach within a performance or pathway environment.
2. Experience of leading the elements of physical preparation planning and delivery.
3. Experience of using diagnostic equipment and athlete programming and monitoring systems (VALD, Gymaware, TrainMyAthlete etc).
4. Ability to develop and maintain positive relationships with athletes, staff and stakeholders.
5. Excellent written and verbal communication skills.
6. Excellent problem solving and decision-making skills.
7. Demonstratable commitment to CPD.
8. Ability to work as a team and independently.
9. Commitment to working in a flexible approach and an understanding of the working hours and demands of performance sport.

Desirable

1. Experience of developing service provision to meet the needs of teams and/or athletes.
2. Experience of communicating and working with coaches or Performance leads.
3. Post graduate degree in Strength & Conditioning or similar.
4. Understanding of the pressures of student-athletes.

Welsh skill requirements

Welsh is essential to our students and staff and is a key part of our provision and services. For every position at Cardiff Met, proficiency in Welsh language is either essential or desirable. You can find information about the levels by viewing our booklet: [Welsh language skills levels](#). If a skill is listed as essential in the table below, please ensure you demonstrate this in your online application form.

Language level and general descriptor	Listening	Reading	Speaking	Writing
A1 – Beginner Can understand and use familiar everyday expressions and very basic phrases in Welsh.	Desirable	Desirable	Desirable	Desirable
A2 - Basic user Can deal with simple, straightforward information and communicate in basic Welsh.				
B1 - Intermediate user Can communicate, to a limited level, in Welsh about things that are familiar and/or work related.				
B2 - Upper intermediate user Can express myself in Welsh on a range of topics and understand most of a conversation with a native speaker.				
C1 - Fluent user Can communicate fluently in Welsh.				
C2 - Master user Can communicate fluently on complex and specialist matters in Welsh.				

Disclosure & Barring Service requirements

This post requires does not require a DBS check.

Supporting information

The University is a dynamic organisation and changes may be required from time to time. This job description and person specification is not intended to be exhaustive.

The University is committed to the highest ethical and professional standards of conduct. Therefore, all employees are expected to have due regard for the impact of their personal behaviour and conduct on the University, students, colleagues, business stakeholders and our community. Each employee must demonstrate adherence to our Code of Professional Conduct. In addition, all employees should have particular regard for their responsibilities under Cardiff Metropolitan University's policies and procedures.