

Job Title: Casual Strength & Conditioning Coach

Unit/School: Cardiff Met Sport

Grade: 4A/B

## Core purpose of role

The Strength & Conditioning Team sits within the Performance Services Team and are part of the Sport Systems Team, delivering to our various performance programmes aiming to provide the very best student and athlete experience. In addition to the practical and professional knowledge that is required to implement effective and robust S&C support, the candidate will need to be able to engage with our athletes to provide them with every opportunity to attain their individual potential. To excel in this role the candidate will need to adopt a flexible approach to engage with coaches and other support staff in a multi-sport environment.

The Strength and Conditioning coaches will be responsible for administration and delivery of a robust S&C provision to either our Cardiff Met Category A Boys Football Academy or identified Team Wales programmes into the Commonwealth Games 2026. You will provide a range of services to include but not limited to; gym based and field-based delivery, rehab support, prehab / injury mitigation delivery. You will have passion and experience for working with youth athletes and/or high-performance athletes. Working in a multi-sport environment, you will have the opportunity to work with a range of athletes and teams and form part of a multi-disciplinary team with our Strength & Conditioning Team, coaches and other support services.

## Key responsibilities and contributions

- To plan and deliver strength and conditioning programmes to selected Performance Programmes to include;
  - a. Planning, delivering, and reflecting on strength & conditioning sessions.
  - b. Creating individual and team conditioning programmes online
  - c. Conduct and report on testing of athletes both centrally and remotely.
  - d. Administering the programme to include session registers, profiles, and reviews.
- Maintain regular contact with staff from selected Performance Programmes such as Coaches, Performance Directors, Physiotherapists and other support staff.
- Input into the planning process for Performance Programmes and where appropriate the whole sport system.
- Manage and provide guidance to placement students and graduate roles.
- Be responsible for health & safety within sessions.
- Monitor the condition of equipment and facilities, providing any feedback, advice and reports to the Operations Team and Head of Strength & Conditioning.
- Stay up to date with the latest trends and CPD opportunities in the strength and conditioning field, engaging with both internal and external opportunities.
- To carry out any other duties as appropriate in line with the grade of the role that may be requested by the Head of Strength & Conditioning.
- Act as a brand champion for the university by living our values and behaviors, and ensuring our work and approach is consistent with our values and best practice.



## **Person specification**

### **Essential qualifications / Professional memberships**

- Experience of delivering strength & conditioning programmes to performance athletes
- Experience of creating specific training programmes for individuals and teams
- Knowledge of principles and practices underpinning strength and conditioning
- Experience of testing and monitoring athletes
- Experience of working with youth athletes.
- Experience of communicating and working with coaches or Performance Directors

### **Essential experience, knowledge and skills**

- Ability to develop and maintain positive relationships with athletes
- Ability to develop and maintain positive relationships with a range of staff and stakeholders
- Understanding of the pressures of student-athletes
- Excellent written and verbal communication skills
- Excellent problem solving and decision-making skills
- Demonstratable commitment to CPD
- Ability to work as a team.
- Ability to work independently.
- Commitment to working in flexible approach and understanding the working hours and demands of performance sport

### **Desirable**

1. Strength & Conditioning postgraduate degree or equivalent
2. UKSCA Accreditation, or the desire and ability to achieve
3. First Aid and Safeguarding qualifications.

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

### Disclosure & Barring Service requirements

This post requires an enhanced DBS child barred list 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.