

Job Title: Performance Therapist

Unit/School: Cardiff Met Sport

Grade: 4 A/B

HERA: CMETS133

## Core purpose of role

The Medical Team are part of the Performance Services Team, delivering to our various performance programmes aiming to provide the very best student-athlete experience. This role will work with a number of our performance programmes across different sports. In addition to the practical and professional knowledge that is required to implement effective and robust medical support, the candidate will need to be able to engage with our student-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.

## Key responsibilities and contributions

- Support the planning, administration and delivery of a robust medical provision for selected performance programmes, including a range of services but not limited to;
  - Triage, matchday cover, clinic delivery, prehab, injury management, strapping & taping and education sessions.
- Work closely with Performance Directors and Head Coaches to understand and meet the needs of the relevant programmes.
- With guidance and support from the Head of Physiotherapy, follow processes, standards, and procedures of the Medical Team and University GDPR.
- Work closely with the Coaching Team, Strength & Conditioning Team and other support services to contribute to a multi-disciplinary team approach.
- Work closely with identified placement students to integrate them into service delivery and enhance provision.
- Work within the Chartered Society of Physiotherapy, Health Care Professional Council (HCPC), BASRAT, the Society of Sports Therapists (SST) and the University's Codes of Conduct; to ensure all documentation and communication is managed in accordance with the industry standard.
- Appropriately follow risk assessments, NOPS and other appropriate procedures for physio provision.
- Support the Head of Physiotherapy with ideas and feedback to enhance and expand the physio medical to meet performance and wider objectives.
- Stay up to date with the latest trends and CPD opportunities in the physiotherapy 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 Physiotherapy.
- Act as a brand champion for the university by living our values and behaviours, and ensuring our work and approach is consistent with our values and best practice.

### **Person specification**

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

- Undergraduate degree in Physiotherapy, Sports Rehabilitation or Sports Therapy, or be a current second year MSc student enrolled on a Sports Rehabilitation or Sports Therapy programme, currently working towards membership of BASRAT or the SST.
- Registered member of the Chartered Society of Physiotherapy and the Health and Care Professions Council (HCPC), or a full or student member of BASRAT or the SST
- First aid qualification
- Pitch-side sports trauma qualification (Royal College of Surgeons Edinburgh accredited – PHICIS Level 2 or equivalent).

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

1. Experience of working as a therapist within a sports environment.
2. Experience of assessing and treating musculoskeletal conditions and sports injuries.
3. Experience of communicating and working with coaches or Performance Directors.
4. Ability to develop and maintain positive relationships with athletes, staff and stakeholders
5. Understanding of the pressures of student-athletes
6. Excellent written and verbal communication skills
7. Excellent problem solving and decision-making skills
8. Demonstratable commitment to CPD
9. Ability to work as a team and independently
10. Commitment to working in a flexible approach and an understanding of the working hours and demands of performance sport.

#### **Desirable**

1. Experience of pitch side therapist support
2. Experience of working in a multi-sport environment

3. Experience of developing service provision to meet the needs of teams and/or 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
<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

Please select the most appropriate statement for this role:

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.