



Job Title: Youth Physical Development Centre Strength and Conditioning Coach

Unit/School: Cardiff School of Sport and Health Sciences

Grade: 4A/B

HERA: CSOS118

### **Core purpose of role**

The postholder will deliver strength and conditioning service provision to young athletes in an efficient, effective and professional manner on behalf of the Youth Physical Development (YPD) Centre. You will be expected to conduct fitness testing on young athletes over the course of the year. You will contribute to the delivery of continued professional development (CPD) courses to external parties. The postholder will also ensure that the service provided is operated in accordance with the current legislation and statutory requirements, in particular, child protection and Health & Safety.

### **Key responsibilities and contributions**

1. Coach within the YPD Centre and demonstrate practical techniques as required
2. Prepare and deliver age related coaching plans suitable for children with differing sporting and conditioning needs
3. Collect, analyse, interpret and disseminate fitness testing data from children within the Centre.
4. Mentor undergraduate students through work-based learning opportunities within the Centre.
5. Take registers at the beginning of each coaching session and report any discrepancies to the Head of the YPD Centre.
6. Maintain currency with strength and conditioning governing body (e.g. NSCA, UKSCA, BWL) initiatives and make every effort to gain additional qualifications.
7. Maintain awareness of and act in accordance with current legislation in terms of Child Protection and Health & Safety
8. Undertake assessments and provide relevant personnel (e.g. head coaches of sports teams and/or National Governing Bodies) with data relating to the assessments and attainment levels of children. Advise on ability of children to progress to the next stage or level.
9. Provide the highest standard of customer care and service delivery at all times and to act in a professional manner with the children enrolled in the Centre and when liaising with their parents.



10. Ensure that equipment and materials are in place at the appropriate times to meet coaching needs
11. Ensure health and safety regimes and protocols as follows;
  - a. Assume responsibility for prohibiting unsafe activities
  - b. Assume responsibility for safeguarding any hazardous activity through the process of writing and following risk assessments
  - c. Maintain health and safety registers relating to child use of equipment and processes
  - d. Maintain safe limits for specific individual child activities and supervise such activities in consultation with third parties as necessary
  - e. First aider for the Centre
12. Contribute to staff training and Centre meetings when required.

### **Person specification**

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

- An appropriate honours degree in strength and conditioning or a sport-related subject at 2:1 or above.
- A recognised strength and conditioning qualification from either the National Strength and Conditioning Association, United Kingdom Strength and Conditioning Association, British Weightlifting, or graduated from a professionally accredited / endorsed course

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

- A proven background in strength and conditioning
- Understanding of governing body sports development plans
- Understanding of the importance of customer care and service delivery
- Understanding of Child Protection policies
- Excellent communication skills with people at all levels in the organization
- Proven organizational skills with the ability to manage own workload.
- Ability to be an active and responsible member of a team.
- Well-developed analytical and problem-solving skills.
- Effective time management skills.
- Ability to organise own work to achieve objectives
- Ability to deliver strength and conditioning service provision to young athletes from a variety of sporting backgrounds.
- Experience of coaching children in a school, club or recreation environment
- Experience in a strength and conditioning environment

#### **Desirable**

1. Ability to use effectively and maintain relevant strength and conditioning equipment



2. Experience of mentoring undergraduate students within strength and conditioning work-based learning environments
3. Ability to work flexible at evenings and weekend

### 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.