



Job Title: Strength & Conditioning Coach

Unit/School: Cardiff Met Sport

Grade: 4A/B

HERA: CMETS144

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 current role will have the responsibility for the development and delivery of strength and conditioning to the Men's BUCS Super Rugby (MBSR) and the WRU Premiership teams. The successful candidate will work closely with existing Performance Services team to grow the performance support provision, whilst also acting as physical performance lead for the Men's rugby programme.

Key responsibilities and contributions

- Act as a primary physical preparation liaison with the Head of Performance Rugby, Men's Head Coach, Premier Head Coach and Head of Performance Services to understand and meet the needs of the relevant programmes.
- Responsible for the planning and administration of a robust S&C provision for the Cardiff Met Men's performance programme.
- Lead the delivery of a detailed S&C provision for the Men's performance teams, utilising the wider MDT, academic staff, and the student workforce to supplement the delivery of services.
- Working closely with the Head of Performance Rugby and Head of Performance Services to coordinate the delivery of a detailed S&C provision for the Cardiff Met men's performance team's, whilst also utilising the wider MDT, academic staff, and the student workforce to supplement the delivery of services.
- Work closely with Head of Performance Rugby, professional clubs and NGB's to align the support and management of contracted athletes to enable a high-performance university sport environment.
- Ensure all performance programme players have access to a structured individualized physical preparation programmes.
- Alongside the Men's Rugby Physiotherapist, deliver structured return to play (RTP) processes and concussion protocols aligned to RFU and WRU guidance and identify opportunities for a suitable provision for wider club members.
- Ensure a proactive, robust and collaborative approach to physical preparation programming and clinic-based delivery throughout the season.
- Provide S&C support to training sessions alongside matchday pitch side support to home and away MBSR and Premier league fixtures.



- Provide regular digital reports to Head of Performance Rugby and Head of Performance Services to aid in programming, planning, team selection and squad-based decision making.
- Coordinate and support the supervision of placement and internship students.
- 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).
- Member of the UKSCA.

Essential experience, knowledge and skills

1. Experience of working as a strength and conditioning coach within a rugby environment.
2. Experience of match day support, particularly in a rugby setting.
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. Holds UKSCA Accredited coach status (or similar UKSCA Level 3, ASCA etc).
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 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.