

Strength and Conditioning – Student Placement (2 posts)

Student & Academic Services
Campus Services – Sport Hallam
Fixed-term for 9 months
Part time 0.25 FTE / 9.5 hours per week
*£22,681 per annum (pro rata)
Role number: 106769

Closing date: Wednesday 28th August 2024 at 14:00pm

Student Placements will be paid an annual salary of £22,681 per annum plus a Real Living Wage supplement of £407 to bring their total salary to £23,088.

The Roles

Sport Hallam are recruiting for the roles of Strength and Conditioning – Student Placement (two posts). The roles will work to support the needs of our Strength and Conditioning service within our Club Sport and student membership offer. This is an exciting opportunity to work with our student athletes and club teams at the university.

The roles will operate within our student internship programme, providing advice and support to Lead and Junior S&C workforce, with coaching to our student teams. The roles will deliver a proactive and supportive service: working effectively as part of a large team, to assist in the delivery for student athletes.

Shifts will be based around your availability working with specific clubs/teams. Hours can be flexible as required.

Please note: These roles are available to individuals who will be applying to/studying on our **MSc in Strength and Conditioning Coaching**, or, **MSc in Applied Sport and Exercise Science** via the appropriate online application process. This must have been done by the closing date to this paid placement. Applicants must be able to meet the entry criteria for either course; please follow this link for details on how to apply:

MSc Strength & Conditioning Coaching

<https://www.shu.ac.uk/courses/sport-and-physical-activity/msc-strength-and-conditioning-coaching/full-time>

MSc Applied Sport and Exercise Science

<https://www.shu.ac.uk/courses/sport-and-physical-activity/msc-applied-sport-and-exercise-science/full-time>

The Team

You'll join a large and friendly team, where you'll work with a wide range of people to create and deliver a diverse variety of opportunities, services, and facilities to enable our students, staff, and local community to positively connect with sport and physical activity, be active and support their wellbeing with opportunities for development and progression.

[Sport and fitness | Sheffield Hallam University](#)

Sheffield Hallam welcomes applications from all candidates irrespective of age, pregnancy and maternity, disability, gender, gender identity, sexual orientation, race, religion, or belief, or marital or civil partnership status. For this job we particularly welcome applications from minority ethnic applicants who are underrepresented in this area at Sheffield Hallam. The University is unable to sponsor the employment of international applicants in this role.

Discussion and selection event

For enquiries regarding this job please contact Dr. Steve Thompson (Course Leader, MSc in Strength and Conditioning Coaching) via:

Telephone +44 (0) 114 225 2465
Email s.w.thompson@shu.ac.uk

Proposed selection event: Week commencing 2nd September

The selection event will comprise of a formal interview and practical delivery of a strength and conditioning session, with a small group of participants.

Location

Collegiate Campus

This job will be based at our Collegiate Campus, a tranquil setting amongst lawns and trees in one of Sheffield's leafiest suburbs. It's close to Ecclesall Road which is bustling with shops, bars and cafés.

Our Benefits

We offer a diverse range of benefits and opportunities to pursue a rewarding and fulfilling career in a supportive environment. To find out more, please visit [The Hallam Deal: Your Benefits](#).

In addition to SHU benefits, you will also have access to UKSCA membership and CPD opportunities throughout the course of your employment within this role

Job Description

Job Title:	Strength and Conditioning Student Work Placement	Reports to:	Performance Sport Manager
Faculty/ Directorate:	Student and Academic Services/ Sport	Direct Reports:	None
Grade:	Grade 2; Spinal Point 11		

Role Purpose:

- To support on the delivery of Strength & Conditioning services to student athletes, club sport teams or partners.
- Deliver a proactive and supportive service: working effectively within our student workforce offer as part of a large team.
- Provide a consistent and professional service within the Strength & Conditioning suite and associated programmes.

Role Specific Responsibilities:

- ✓ Assist and deliver services across all facility opening hours and meet student club demand.
- ✓ To contribute to individual and team specific programmes in accordance with each phase of the development pathway for SHU sports club members.
- ✓ To support appropriate conditioning programmes and rehabilitation, working within a multidisciplinary team; including sport coaches, physiotherapy and performance practitioners.
- ✓ Assist with the development of services to Sport Hallam clubs, teams and individuals.
- ✓ Deliver field-based programmes and testing protocol.
- ✓ Work effectively with operational staff to ensure safe and consistent approach to services, maintenance and Health & Safety within the facility.
- ✓ Undertake maintenance check procedures and cleaning of all equipment.
- ✓ Assist with keeping all data kept confidentially and contribute to providing regular reports and updates to the relevant contacts.

The above list is not exhaustive and, as such, you may be required to undertake other duties appropriate to the role

Person Specification

The recruitment and selection process for all roles is based on a combination of role specific requirements and professional services capabilities.

Essential role specific requirements

To be evidenced within your online application (dependent on the role we may assess these further at the selection event following shortlisting):

- ✓ Individuals applying for this role must have applied to study **MSc Strength and Conditioning Coaching** or **MSc Applied Sport and Exercise Science** at Sheffield Hallam University for the 2024/25 academic year. Individuals must be able to meet the entry criteria for this course.
- ✓ A recognised academic sports related Degree or equivalent
- ✓ Experience in facilitating and delivering S&C support to performance athletes (ideally in an Higher Education environment)
- ✓ Fitness / conditioning experience (e.g., fitness program planning and delivering for performance improvement)
- ✓ Good IT skills including Microsoft Office (specifically Excel)
- ✓ Good organisational, administrative and planning skills
- ✓ Excellent communication skills - written, oral and presentation skills and with a wide range of internal and external stakeholders.
- ✓ A creative and innovative approach to exercise prescription using a variety of areas, facilities and techniques
- ✓ Ability to deal with conflicting demands without supervision.

Desirable role specific requirements

To be evidenced within your online application (dependent on the role we may assess these further at the selection event following shortlisting):

- ✓ UK Strength & Conditioning Association (UKSCA) accreditation or willingness to work towards qualification or alternative.
- ✓ Significant experience of athlete support in a performance sport environment.
- ✓ Understanding of the student pathway and surrounding issues particularly at HE level.
- ✓ Experience of working with coaches, NGB's and performance sport practitioners from a variety of disciplines.

Professional Services Capabilities (see attached framework for further details)

To be assessed at the selection event following shortlisting:

- ✓ Delivering customer service - Foundation Level
- ✓ Communicating and engaging - Foundation Level
- ✓ Working collaboratively - Foundation Level
- ✓ Planning – Foundation Level

How to apply:

All applicants must follow a two-stage process:

1. Apply for the **MSc in Strength and Conditioning Coaching**, or, **MSc in Sport and Exercise Science** via the appropriate online application process. This must have been done by the closing date to this paid placement. Applicants must be able to meet the entry criteria for either course; please follow this link for details on how to apply:

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MSc Applied Sport and Exercise Science

<https://www.shu.ac.uk/courses/sport-and-physical-activity/msc-applied-sport-and-exercise-science/full-time>

2. Once stage 1 has been completed, applicants can then apply for the paid placement role by submitting the attached application form to Steve Thompson, via s.w.thompson@shu.ac.uk

For an informal chat about the MSc course or placement roles, please contact Steve Thompson

The recruitment and selection process will be based on a combination of both Role Specific and Professional Services Capabilities. As an employee of Sheffield Hallam University, you will be expected to demonstrate all the Professional Services Capabilities. However, the ones stated above have been identified as the priority areas for this role and will form a significant part of the recruitment process.