

EXETER UNIVERSITY

Strength & Conditioning Coach



Role: To be responsible for the provision and monitoring of resistance programmes driven from comprehensive physical testing to target individual player development.

Starting salary: £25k [based on 40-hour week]

The successful applicant will fulfil the role of assistant strength & conditioning coach at Exeter University high performance programme as part of the Exeter Chiefs elite academy pathway.

The role will require successful management of players within the Exeter University pathway as they transition from school/college through university to Exeter rugby senior team in all areas of performance programming as part of a multi-disciplinary team.

The coach will be required to perform data collection and analysis of internal and external load for decision-making in an elite rugby environment. Effective communication skills to work within a multi-disciplinary team are essential along with having the positive drive and motivation required to develop player performance.

You will need to have:

- BSc in Sports Science or related field.
- experience in team sports performance programming.
- experience in sports nutrition & performance fuelling.
- experience with GPS & heart-rate data collection.

Highly desirables include:

- previous experience in rugby union as a strength & conditioning coach.
- qualification/experience in sports rehabilitation.

Please send all applications including a covering letter and CV to scvacancies@exeterchiefs.co.uk



Key Responsibilities:

- Planning and delivering pre-season/competition phase performance programming
 - Control of athlete management systems for both internal and external load
 - Management of player nutrition covering education/assessment/intervention and supplementation along with UKAD strategies
 - Planning and delivery of injury prevention pre-habilitation and rehabilitation programmes
 - Delivery of recovery sessions and player education around sleep and recovery modalities
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Working Hours:

The employee's normal working hours will be based on a fixed 40-hours per week. This will be variable due to the changing nature of a sporting setting. Weeks will vary depending on scheduled fixtures. This will also include working during bank holidays and national holidays.

To Apply:

Please email your CV and a covering letter to scvacancies@exeterchiefs.co.uk by the closing date of 23:59 on Friday, May 9th.

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