

Fitness Assistant (Strength and Conditioning)

We seek a highly motivated and analytical individual to join the University's Strength and Conditioning staff team.

You should possess a strong desire to pursue a career in the strength and conditioning field.

The role will run from September 2017 to May 2018, and comprise 17 hrs part time paid employ as a fitness assistant. Plus, there will be the opportunity to receive extensive professional mentoring from the University's lead S&C Coach.

*Pattern of working work:

The pattern of working hours will be variable per week and will include evening and weekends. There may be occasional requests to work on public or bank holidays, but time in lieu will be given.

Selection Methods: Work Related Tasks & Interview

Closing date: Wednesday 27 Sep 2017

- 1 [Job details](#)
- 1 [Background](#)
- 1 [Main duties](#)
- 1 [Person Specification](#)

Job details

Salary
£8.63 an hour, plus £1.21 an hour holiday pay

Hours
Part time, 17.5 hours a week (see * below)

Start
As soon as possible

Duration
Temporary until end of May 2018

Responsible to
UW Lead Strength and Conditioning Mentor

Responsible for
N/A

Interview date
Interview date to be confirmed

Institute of Sport and Exercise Science

[Explore the Institute of Sport and Exercise Science](#)

"Our aim is to attract ambitious students who will be challenged as sports academics and practitioners to be the best that they can be."

Mick Donovan, Head of Institute

Meet the team

Background

The Institute is responsible for the work of the SJC Sports Centre, the University of Worcester Arena, Riverside Building and the Motion and Performance Centre.

The Institute has access to a range of sports facilities to underpin its academic course portfolio. Amenities comprise the UW Arena a 2000 seat capacity, 3 basketball court sport venue, designed for mobility impaired athletes and client group throughout (2012). The St.John's Campus Sport Centre has 6 badminton court sports hall, fitness centre, 3G and sand filled astro turfs, gymnasium and significant off campus grass playing fields. The Riverside Centre (2011) provides 2 large physical activity spaces with multi-purpose sprung floors for indoor mini - games and dance, plus smaller teaching rooms and a sport analysis teaching room with views to the two larger teaching spaces. There is a social learning internet café space making this a very attractive community venue. Also, UW offers the McClelland Centre of Health and Wellbeing on City Campus. In January 2016, the University completed purchase of the Lakeside Campus, a 50 acre outdoor activity and sport site just 4 miles from St. John's Campus.

Indoor academic facilities include exercise physiology laboratories (BASES accredited), two performance analysis laboratory, sports psychology and biomechanics laboratory.

The University is also the home venue for the professional Worcester Wolves British Basketball League team, and Severn Stars Netball Super League Franchise. There has been a strategic commitment by the University of Worcester over the past ten years to create unique, innovative 'Learning Through Sport' initiatives that have inspired, included and enthused thousands of children and young adults nationally and internationally. Significantly, the University has developed the International Centre for Inclusive Sport.

UW Worcester is looking to recruit a Fitness Assistant wishing to specialise in Strength & Conditioning, to support its delivery of S&C services. The role is based on 17.5hrs paid input per week and serves as an ideal opportunity for those working towards their UKSCA accreditation. The successful applicant will receive gym membership in order to practice their job skills, S&C liability insurance, & in-house CPD training opportunities to study and learn under guidance of a S&C specialist and professional mentor.

The successful candidates will have the opportunity to work in a number of areas including, UW Worcester Performance Sports (UWPS), Individual athletes including those on the Athlete Scholarship Scheme (ASS), Talented Athlete scholarship scheme (TASS), Super league Netball (SLN) – Seven Stars, British Basketball League (BBL) Worcester Wolves, and our community outreach scheme.

The successful candidate will be working in an extremely busy environment and therefore high levels of competence in prioritising, co-ordinating and communicating are essential attributes for the post-holder. Maintaining effective liaison with all departments within the University and interacting effectively with all levels of staff, students, key

partners, community groups, other external organisations and members of the public are key to the success of this role.

Main duties

1. To assist Strength and Conditioning delivery to a range of athletes and teams in a mentored environment.
 2. To assist with the delivery of pre-, during-, and post season testing sessions for athletes and teams.
 3. To assist with the delivery of regular set-ups for training and testing equipment.
 4. To assist with the daily data collection and management responsibilities of running a professional team and performance sport programme in a university setting.
 5. To work within a multidisciplinary sport support team, attending weekly and monthly team meetings as required by your line manager.
 6. To observe the rules of professional confidentiality liaise with athletes, parents, coaches and other support staff as appropriate. Also, to work within the rules of the UW Coach Code of Conduct, standards and guidelines.
 7. To undertake project work under the guidance of the lead Strength and Conditioning coach mentor, keeping an up-to-date activity log and daily work book.
 8. To work as part of the S&C support team, assisting colleagues during busy periods, sickness or holiday leave on any duties required. This may include periodically undertaking reasonable additional duties commensurate with the grade of the post.
 9. To maintain awareness of the strategic aims of both the University of Worcester and the Institute of Sport and Exercise Science, particularly in relation to its reputation for excellent inclusive education and sporting events through collaboration and joint working with a range of partners and stakeholders.
- *Maintain personal and professional development to meet the changing demands of the job; participate in appropriate training activities and encourage and support staff in their development and training.
- *Take steps to ensure and enhance personal health, safety and well being and that of other staff and students.
- *Carry out these duties in a manner that promotes equality of opportunity and supports diversity and inclusion, and takes into account the University's commitment to environmentally sustainable ways of working.

Person specification

Please provide evidence of how you meet each of the essential criteria.

Essential Criteria

1. A first-degree in sport coaching or sport science discipline.
2. Strength and Conditioning certification to a minimum REPS level 2 and demonstrable industry experience and a good portfolio re applied engagement in delivery of S & C services to athletes.
3. A demonstrable understanding of sports science and sports medicine as impacting on athlete performance in applied settings.
4. A demonstrable understanding of recording and monitoring athlete training loads across a typical competitive sporting year.
5. Good practical IT skills with demonstrable applied knowledge of Microsoft Office Suite, in particular Microsoft Word, Excel and Outlook.
6. Ability to communicate confidently and clearly with a wide range of people, both orally and in writing.
7. Excellent interpersonal skills, including tact, diplomacy and sensitivity.
8. Evidence of ability to work within a multi-disciplinary staff team, demonstrating initiative and contributing to maintaining high standards of gym hygiene, safe effective daily working practices, and adherence to facility and activity risk assessments.

Desirable Criteria

1. Knowledge of Olympic lifting techniques.
2. Sport coaching qualification(s).

Disclosure: This employment is exempt from the Rehabilitation of Offenders Act 1974. Candidates will be required to declare any criminal convictions, cautions or bind-overs, including any that would be regarded as spent under the Act in other circumstances. If you are selected for appointment you will be required to apply to the Disclosure and Barring Service for a Criminal Records Check/Barred List Check.

Applications from Non EEA Workers:

Prospective applicants are advised to ensure that they are eligible to work in the UK without restriction.

Prospective applicants in points-based system immigration routes should assess their circumstances against the published criteria, which are set out on the GOV.UK website at www.gov.uk/browse/visas-immigration.

Visit www.naric.org.uk/visasandnationality for more information on how you can use a qualification from outside the UK to meet the requirements of the immigration rules.

Unspent convictions, cautions and bind-overs

The University is strongly committed to the fair treatment of its staff and potential staff, regardless of race, gender, religion, sexual orientation, responsibility for dependants, age, physical/mental disability or offending background.

In line with the University's policy on the Recruitment of People with a Criminal Record, shortlisted candidates are required to provide information of any unspent convictions, cautions and bind-overs. Applicants are advised to seek independent advice if there is any doubt about the status of a previous conviction, caution or bind-over. Disclosures will only be considered at the point when an offer of employment is made. The existence of a criminal record will not in itself prevent you from gaining employment.

This is a description of the job as it is presently constituted. This job description is intended to enable a flexible approach to be offered working across the University as

required. It is subject to review and amendment in the light of changing needs of the University and to provide appropriate development opportunities. Members of staff are expected to participate fully in discussions about changing requirements and it is the University's aim to reach agreement to reasonable change. If agreement is not possible, it reserves the right to require changes to the job description after consultation with the individual concerned.

© University of Worcester Henwick Grove, WR2 6AJ Tel: 01905 855000 - Last reviewed: Friday, 15 September 2017

Page can be found:

[Home](#) / [Join our community](#) / [Job opportunities](#) / [Current vacancies](#) / Fitness Assistant (Strength and Conditioning)

<http://www.worcester.ac.uk/community/job-vacancy-Fitness-Assistant-Strength-and-Conditioning.html>