



Exeter University Rugby Football Club (EURFC) Strength and Conditioning Intern 2017-2018

We are looking for a proactive and enthusiastic MSc student to join our multidisciplinary High Performance Sport support team. For the 2017-2018 academic year, Exeter University Rugby Club (EURFC) is looking to recruit a Strength and Conditioning (S&C) Intern to support the delivery of our S&C services. This is an ideal opportunity for prospective S&C coaches currently working towards or looking to complete their UKSCA accreditation.

Job Title: Strength and Conditioning Intern

Department: High Performance Sport

Sport: Exeter University Rugby Club

Start Date: July 31st 2017

Duration: 10 months

Hours: Various –minimum of 10-15 hours per week throughout the first 6 weeks of pre-season (August/September), and 8-10 hours per week during term time. After pre-season, hours will be term time only. Specific hours will be discussed at the interview, however may include up to two early mornings, and two evenings per week.

Location: Streatham Campus, Sports Park, Athlete Development Centre (ADC)

Reporting to: Lead EURFC Strength and Conditioning Coach

****Please note a condition of accepting the internship is that the successful candidates will be asked to enrol and complete a Professional Development Experience module which will include two assessment points. The module will not contribute towards degree progression or award****

Main Role:

To assist with the delivery of the Strength and Conditioning services to EURFC at the University of Exeter Sports Park.

Duties and Responsibilities:

- Assist with delivery of ADC and pitch side conditioning sessions to EURFC.
- Assist with set up of training and testing equipment.
- Assist with delivery of training/game day warm ups, and cool downs.
- Assist with delivery of testing sessions to EURFC.
- Data collection and management.

Desirable:

- Some experience of coaching athletes of any level.
- Familiarity with Microsoft Excel and Word.
- Up to date and relevant S&C knowledge.

Qualifications:

- Undergraduate degree and working towards a Masters in Sports Science/Strength and Conditioning related area.

Application:

Please email a copy of your CV and a covering letter detailing why you should be considered for the role to the High Performance Unit sportsperformance@exeter.ac.uk.

Closing date for applications is **Friday 14th July 2017**. Shortlisting will take place as soon as possible following the closing date.