



## High Performance Programme (HPP) 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, the High Performance Unit 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:** Working with our the High Performance squads in our focus sports (Hockey, Tennis, Netball, Lacrosse, Golf, Rowing, Cricket and Sailing)

**Start Date:** 29<sup>th</sup> August 2017

**Duration:** 10 months

**Hours:** Various –10 to 15 hours per week throughout the first 3 weeks of pre-season (August/September), and 6-8 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 early mornings, and evenings.

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

**Reporting to:** Strength and Conditioning team

**\*\*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 our High Performance squads at the University of Exeter Sports Park.

### Duties and Responsibilities:

- Assist with delivery of ADC and pitch side conditioning sessions to High Performance squads.
- 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 High Performance squads.
- 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](mailto:sportsperformance@exeter.ac.uk).

Closing date for applications is **Friday 28<sup>th</sup> July 2017**. Shortlisting will take place as soon as possible following the closing date.