



Queens Park Rangers Football Club

Job Description – Casual Academy Sport Scientist/Strength & Conditioning Coach

Job Title	Casual Academy Sport Scientist/Strength & Conditioning Coach
Reports to	Head of Academy Performance
Key Contacts	Internal - Head of Academy Physiotherapy; Academy Director & Head of Coaching/Technical Director; Academy Sport Science Department.
Budgetary responsibilities	N/A
Location	Based at the Academy Training Ground, Heston. Travel to the Club Training Ground, Harlington and other clubs may be required.
Hours	20 hours per week. Evening & weekend work will be required.
Job Purpose	To implement and enhance the Sports Science provision at the Academy in line with the Academy's development philosophy.
Remuneration	Salary commensurate with skills & experience.

Role Accountabilities & Key Duties	
1	To manage the U16 Sports Science provision, including a range of duties (GPS/training load monitoring; collaborating with medical staff to design rehab programmes for injured players; delivering physical development sessions in line with players' ILP's; collaborating with coaching/medical staff to design training sessions).
2	To assist with technical coaching sessions with the U16s as directed by the Head of Academy Performance.
3	To work with the Head of Academy Performance to manage the Sports Science services provided to the Youth Development Phase: <ul style="list-style-type: none"> - Bio Banding - Rehab - Physical Development Sessions - Movement Clinic - Home Programmes
4	To work with the Head of Academy Performance to manage the Sports Science services provided to the Foundation Phase: <ul style="list-style-type: none"> - Coach led physical movement sessions - Home programmes - Innovative delivery methods
5	To assist and implement Sports Science testing across the Academy.
6	To implement all aspects of data input to the sports science and comply with formatting.
9	To provide cover for PDP Sports Science provisions as directed by the Head of Academy Performance.
10	To undertake personal CPD as appropriate to meet the demands of the role.
11	Participate in the appraisal process.

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12	Comply with all company policies/procedures. Adhere to all company regulations regarding policies, procedures, health, safety and security.
13	To develop a sound working knowledge of safeguarding children regulations, including legislation & governing body rules.
14	All other duties that may arise from time to time and fall within the scope of this position.

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Person Specification – Casual Academy Sport Scientist/Strength & Conditioning Coach

Qualifications		Essential	Desirable
1	A Degree in Sport Science or Strength & Conditioning (or related discipline)	✓	
2	A Master's Degree, or working towards, in Sport Science or Strength & Conditioning (or related discipline)	✓	
3	UKSCA accreditation (or ability to achieve within 6 months)	✓	
4	BASES Accreditation		✓
5	FA Safeguarding Certificate	✓	
6	FA EFAiF Certificate	✓	
7	Enhanced DBS Check	✓	
Skills, Knowledge & Experience			
8	Previous experience in the provision of sport science services within professional football.	✓	
9	Passionate about working with young elite athletes and creating/managing programmes to facilitate their long term physical, psychological and social development.	✓	
10	Experience of working with Coaches.	✓	
11	Must hold a valid driver's licence.	✓	
12	IT skills to include a high level of competence using Excel, Word and PowerPoint skills	✓	
13	Creative and engaging presentation skills.	✓	
14	Excellent overall level of numeracy and literacy.	✓	
Attitude/Behaviours			
15	A professional and committed attitude with strong organisational and administrative skills	✓	
16	A desire to seek solutions	✓	
17	A genuine team player	✓	
18	Empathy with young people and their challenges	✓	
Personal Qualities			
19	A dynamic and hardworking individual	✓	
20	Excellent communication skills	✓	
21	Proactive decision maker	✓	
22	Takes responsibility for ensuring a high quality of work	✓	
23	Demonstrates enthusiasm and is personally committed to achieving agreed objectives	✓	
24	Is receptive to feedback about own behaviour, strengths and areas for improvement	✓	
25	Displays a high level of confidentiality	✓	
26	Meticulous attention to detail	✓	
27	Flexibility and willingness to learn	✓	

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