

Fitness & Performance Advisor Job description

The aim of Brookes Sport is to create an environment where teams and individuals are supported to succeed. All official Brookes Sport sports clubs are registered under the TEAMBrookes banner. TEAMBrookes encapsulates 37 Oxford Brookes University sports clubs, with in excess of 2,100 student members.

We are looking for a suitably qualified and experienced Fitness & Performance Advisor to lead the delivery of Strength & Conditioning support to our student-athletes, with a particular focus on our elite TEAMBrookes sports teams and TASS athletes. As a member of TEAMBrookes Development staff, you will be responsible for the full design, administration and delivery of the Strength & Conditioning provision across the TEAMBrookes student sport programme, underpinned by sound scientific knowledge, for both teams and individual athletes. You will also act as TASS Delivery Site Lead, coordinating sports science support to our assigned athletes.

You will be a UKSCA Accredited Strength & Conditioning Coach and will have relevant experience of planning, delivering and reviewing Strength & Conditioning programmes for teams and individual athletes. You will also have experience of leading other coaches in a delivery based environment.

We know that sometimes people can be put off applying for a job, but we realise the 'perfect candidate' doesn't exist. So, if you are excited about working for us, go ahead and apply. You could be exactly what we need.

You will also enjoy the benefits of working at Oxford Brookes University with up to 38 days holiday, rising to 41 days holiday (this includes 13 Bank Holidays and Concessionary Days), a generous Local Government pension scheme (14.7% Employer contribution rate), cycle to work scheme and access to a variety of university facilities (NHS Dentist, Brookes Nursery, Gym and sports facilities). For more information about benefits please see the document 'All about Brookes'.

The University has adopted equality, diversity and inclusion as core values. We welcome applications from suitably qualified candidates whatever their background, and especially from BAME candidates who are under-represented in our workforce.

This post is a full time contract. All applications must be made online. You will be required to upload a supporting statement and your CV as part of your online application. If you have any queries please contact Marcus Boswell, Sports Performance Manager, MBoswell@Brookes.ac.uk. Only applications received before 23:30 on Friday 3rd December 2021 will be considered. Interviews will take place on Thursday 16th December 2021.

Fitness & Performance Advisor Job description

Date last reviewed: October 2021

Faculty/Directorate: Estates and Campus Services

Department: Brookes Sport

Title of post: Fitness & Performance Advisor

Grade of post: 7

Post number: 244174

FT or % P/T: Full Time

Permanent/Temporary: Permanent

Principal location of work: Centre for Sport, Headington Campus

Immediate line manager: Sports Performance Manager

Staff managed: N/a

Qualifications required for post:

Industry specific Strength & Conditioning qualifications.

BSc (Hons) in Sport Science or related subject, with the completion or on-going study in MSc Strength & Conditioning, desirable.

UKSCA accredited and UKAD anti-doping advisor certificates are essential for this post.

Talented Athlete Lifestyle Support accreditation is desirable.

Experience required for post:

Experience of working in a sports performance based role within a professional club or HEI setting.

Experience of delivering Strength & Conditioning based programmes across a variety of sports and athletes, with proficiency in using relevant management and testing software (e.g. TeamBuildr).

Developing internship programme and/or coach mentorship experience, desirable.

Lifestyle mentoring experience is also desirable.

Overall purpose of post:

To deliver Strength & Conditioning support to our student-athletes, with a particular focus on our elite sports clubs and talented athletes.

To oversee, support and coordinate sports science-based interns in collaboration with academic colleagues in the faculty for Health & Life Sciences.

To act as TASS Delivery Site Lead, coordinating sports science support to our assigned elite athletes.

Main duties:

To work closely with student sports clubs in delivering Strength & Conditioning support to improve the student experience.

To create and deliver Strength & Conditioning programmes to our High Performance sports clubs, most notably Rowing and Hockey; to analyse data, create reports and training schedules for these clubs and liaise with technical coaches.

To act as TASS Delivery Site Lead, coordinating a multi-disciplinary and interdisciplinary team in the delivery of sports science services to TASS athletes.

To continue developing and enhancing the sports science internship programme in collaboration with Health & Life Sciences academic colleagues, leading on the delivery of the Strength & Conditioning internships.

To conduct needs analysis of various sports, and design appropriate training interventions for these sports clubs and athletes.

To build partnerships and network with external sports clubs and practitioners based in Oxfordshire with regards Strength & Conditioning facility provision and support.

To ensure Performance based facilities are safe to use.

To establish and shape KPIs to help drive performance, ensuring these are met on a monthly basis.

To assist in TEAMBrookes Development projects as appropriate.

Ability to carry out additional duties relevant to the post.

Closing date:

Only applications received before 23:30 on Friday 3rd December 2021 will be considered. Interviews will take place on Thursday 16th December 2021.

NB:

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Please note: The successful applicant will need to be subject to a background disclosure check by the Criminal Records Bureau (CRB) before any appointment can be confirmed. A copy of the CRB Codes of Practice concerning background checks is available for all applicants, upon request.

Fitness & Performance Advisor Person specification

Faculty/Directorate: Estates and Campus Services

Title of post: Fitness & Performance Advisor

Salary Scale: 23

Specification	Essential	Desirable
Industry specific Strength & Conditioning qualifications.	E	
BSc (Hons) in Sport Science or related subject	E	
Completion or on-going study in MSc Strength & Conditioning		D
UKSCA Accreditation	E	
UKAD anti-doping advisor certificate	E	
Talented Athlete Lifestyle Support accreditation		D
Working in a sports performance based role within a professional club or HEI setting	E	
Delivering S&C based programmes across a variety of sports and athletes	E	
Proficiency in using S&C management and testing software	E	
Developing internship programme		D
Coach mentorship experience		D
Lifestyle mentoring experience		D
Establish and shape KPIs	E	
Assist in TEAMBrookes Development projects as appropriate		D
Flexible approach to working hours		D
Good communication and interpersonal skills	E	
Ability to carry out additional duties relevant to the post		D