



Job Description

Job Title: Strength & Conditioning / Sport Science / Sport Rehabilitation Placement

Reports to: Deputy Director of Sport / Head of Athletic Development

Location: Bradfield College, Bradfield, Reading, Berkshire

Department: Sport

Job Purpose:

To provide undergraduate or postgraduate students with the opportunity to gain meaningful, applied experience in a leading school-based athletic development and performance support environment.

The placement is designed to support credit-bearing placement years or professional practice modules, where permitted by the student's enrolled university and course regulations.

Applications are welcomed from both students undertaking formal university placement years and those seeking applied experience independently; completion of university credit requirements is not a prerequisite for application.

The placement will primarily involve shadowing and supporting the Strength & Conditioning (S&C), physiotherapy, and sport science team in the planning, delivery, and monitoring of training sessions and performance support programmes, while gaining insight into long-term athlete development within a youth sport setting.

The role is designed to develop aspiring practitioners' understanding of physical preparation, injury prevention and rehabilitation support, load management, and athlete monitoring, alongside the integration of S&C and sport science within a school sport programme. The placement will also provide exposure to interdisciplinary working, including collaboration with sports coaches, medical staff, and pastoral teams, supporting the holistic development, wellbeing, and performance of young athletes.

Main Duties

- Observe and on occasion, lead the delivery of S&C sessions across multiple sports and age groups.
- Gain insight into the planning, progression and monitoring of long-term athletic development.
- Support S&C staff with the set-up, organisation and administration of training sessions.
- Learn about the integration of S&C with physiotherapy, sports coaching, and medical provision.
- Develop awareness of how to manage diverse groups of athletes with varying needs, abilities and aspirations.
- Understand injury-prevention and load-management strategies used in a school sport environment.
- Experience the professional expectations of working within participation and performance sport programmes, respectively.

Qualifications and experience required for this role:**Essential**

- Current undergraduate or postgraduate student in Sport & Exercise Science, Strength & Conditioning, Coaching, or a related discipline
- Strong interest in applied Strength & Conditioning and long-term athlete development

Desirable

- Enthusiastic and motivated to learn in an applied setting.
- Professional conduct and reliability.
- Strong communication skills.
- Willingness to contribute to session organisation and wider team support.
- Ability to reflect on experiences and seek feedback.
- Ability to manage own time and balance placement with academic commitments.
- Experience of coaching or assisting in a sporting environment
- Familiarity with strength and conditioning principles
- Completed or working towards UKSCA accreditation or other relevant coaching awards

General

- Have a genuine interest in S&C, athletic development and talent development.
- Willing to gain applied experience to complement current academic studies.
- Can demonstrate curiosity, ambition and commitment.
- Ability to act with professionalism and maturity in a school environment.

Placement Details

- **Location:** Bradfield College, Berkshire, RG7 6AU
- **Duration:** 10 months (September – June)
- **Hours:** Programme runs Monday to Saturday, 8:30am – 6:00pm
- **Benefits:**
 - Accommodation may be provided (subject to availability)
 - Meals included
 - £5,000 stipend towards travel and living expenses

This role profile is not exhaustive; it will be subject to periodic review and may be amended to meet the changing needs of the college. The post holder will be expected to participate in this process and we would aim to reach agreement to the changes.