

Sport Science Internship – Livingston Football Club

Location: Livingston, Scotland

Contract Type: Internship (Paid)

Closing Date: Friday, 4th July 2025

Start Date: 2025/26 Season

Livingston Football Club is delighted to offer an exciting opportunity for aspiring sports professionals to join us as part of our Sport Science Internship Programme for the 2025/26 season. This paid internship offers hands-on experience with both our First Team and Academy squads, providing a unique insight into life at a top-level professional football club competing in the Scottish Premiership.

About the Role

As a Sport Science Intern, you will play an integral role in supporting our high-performance environment. You'll be working directly with players and coaching staff, contributing to the day-to-day operations of the department.

Key Responsibilities:

- Assist with strength and conditioning programs
- Conduct hydration testing
- Support nutrition planning and evaluation
- Perform GPS monitoring and analysis
- Aid with injury prevention, prehab, and rehabilitation strategies
- Contribute to the general running of daily operations

Who We're Looking For

We're seeking motivated individuals who are passionate about sports science and eager to gain experience in a professional football environment.

Essential Requirements:

- Currently studying or recently graduated in Sport & Exercise Science or a related degree
- Availability during daytime hours on Monday, Tuesday, and Wednesday
- Proficiency in Microsoft Excel and general IT systems
- Full UK driving licence
- A strong desire to work in professional football
- Possession of an SFA qualification

What We Offer

- Paid internship
- Complimentary home match tickets
- Full club training kit
- Daily breakfast and lunch
- Access to the club gym

How to Apply

To apply, please email your CV and a covering letter outlining your suitability for the role to:

recruitment@livingstonfc.co.uk

Application Deadline: Friday 4th July 2025

Additional Information

- If you have not been contacted by 22nd July 2025, please assume your application has been unsuccessful on this occasion.
 - Livingston FC is an equal opportunity employer. We welcome applications from all backgrounds and are committed to creating an inclusive environment for all employees.
 - The successful applicant will be required to undergo a Protection of Vulnerable Groups (PVG) check as part of our safeguarding commitment.
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Thank you for your interest in Livingston FC – we look forward to hearing from you.

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