

Livingston Football Club**Job Description: Strength & Conditioning Coach****Location:** Livingston FC**Reports To:** First Team Manager & Head of Medical**Responsible For:** Strength & Conditioning Provision - First Team**Working Hours:** Full Time that includes weekends and some evenings

Role Purpose

The Strength & Conditioning Coach is responsible for the design, delivery, and evaluation of comprehensive strength and conditioning programmes for Livingston FC's First Team. The role includes performance data collection and analysis to monitor training and match load impact. The successful candidate will work collaboratively within the multi-disciplinary team to ensure optimal physical preparation and recovery strategies are in place.

Key Responsibilities

- Uphold and promote the club's values at all times, both on and off the field.
 - Provide high-quality strength & conditioning and sports science support to the First Team squad.
 - Collaborate with coaching staff to integrate physical loading and intensity within football training sessions.
 - Design and deliver tailored gym-based strength and conditioning programmes for all First Team players.
 - Monitor and evaluate player body composition (including regular body fat assessments).
 - Support player nutrition by offering basic education and guidance where appropriate.
 - Collect, record, and analyse both objective and subjective data related to training and match loads.
 - Lead and coordinate all warm-up activities for training and match days in alignment with coaches.
 - Plan and implement physical testing throughout the season, ensuring data is accurately logged and fed back to staff.
 - Use performance data to inform and adapt training plans.
 - Ensure all relevant data is fully integrated into the club's data management systems.
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Qualifications**Essential:**

- BSc in Sports Science or a related field
- MSc in Sports Science or a related field
- Safeguarding qualification

Desirable:

- UKSCA Accreditation or BASES Accreditation
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Experience & Skills**Essential:**

- Prior experience working in a professional football environment
 - Demonstrated leadership experience within a high-performance or sporting setting
 - High level of IT literacy, with proficiency in Microsoft Word, Excel, PowerPoint, and SharePoint
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Personal Attributes

- Strong team player with a collaborative mindset
 - Flexible and adaptable to the demands of elite sport
 - Maintains professionalism and discretion at all times
 - Excellent interpersonal and communication skills
 - Proactive approach to problem-solving and performance enhancement
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Salary & Benefits

- Competitive salary
- Pension scheme
- 28 days annual leave (inclusive of bank holidays)