

JOB DESCRIPTION

Reporting to: First Team Manager & Head of Medical

Responsible for: To be responsible for the design, delivery and evaluation of strength and conditioning programmes for 1st team.

Also, collect physical data to monitor the impact of training and match day loads.

The post requires flexible working hours, including evening and weekends.

Key duties include but not limited to:

- To uphold and live the club values in and away from Livingston FC
- To assist with the provision of sports science and strength and conditioning across the 1st team squad
- To work with Football Coaches to ensure that football training sessions incorporate appropriate levels of intensity and physical loading
- To implement, monitor and evaluate players gym programmes, body fats and assist with any nutritional education
- To monitor and evaluate the players body fats on a regular basis
- To collect, record and evaluate objective and subjective data in relation to training load & match day loads
- To ensure all warm-ups are planned and shared with coaches, training and match days
- To assist in the planning and undertaking of physical testing at regular intervals throughout the year, logging and monitoring the results and feedback to coaches. Use data to evaluate and adapt training practices as appropriate.
- To ensure that all relevant data is integrated into the clubs data systems

Qualifications

- Safeguarding qualification
- Bsc in Sports Science or related fields
- MSC in Sports Science or related fields
- UKSCA accreditation / BASES (Desirable)

Essential Skills

- Must be IT literate and comfortable using SharePoint, Microsoft Word, Excel and PowerPoint as a minimum requirement.
- Previous experience of working in professional football
- Previous leadership experience within a sporting environment

Personal Skills

- Being a team player and having a flexible approach to work.
- Always hold a professional manner and remain compliant with confidentiality.

Experience at different clubs

Salary & Benefits

- Competitive salary
- Pension plan
- 28 days annual inclusive of bank holidays per annum