

COMHAIRLE ULADH
CUMANN LUTHCHLEAS GAEL
ULSTER COUNCIL GAA



JOB DESCRIPTION

Job Title:	SPORTS SCIENCE SUPPORT OFFICER
Location:	Provincial Council
Responsible to:	Director of Coaching and Development
Salary:	TBC
Duration of Post:	Initially for a one year period, with the possibility of extensions (Probationary period 6 months)

1. Job Purpose:

The person appointed will be responsible for the delivery of sports science to GAA in Ulster and the day to day management of the delivery of these services at identified locations within a specified work programme. The post-holder will work across the coaching and games development team creating evidence to assess impact of programmes and investment.

2. Main Areas of Responsibility

Management:

1. Manage sports science and lifestyle assessments in a range of settings from referees, players and coaches within the Performance and High-Performance environment using best practice and robust sets of protocols.
2. Develop and support programmes and deliver reports on health-related initiatives and Sports Science applications and measure their impact through research projects.
3. Manage and maintain the sports science equipment and work closely in conjunction with other staff and identified stakeholders.
4. Develop networks in support services and mentor individuals in keys areas related to sports science.

Education:

5. Identify and facilitate appropriate channels to inform and educate administrators, athletes, coaches and team managers in the effective use of sports science support services.
6. Drive the delivery of a multi-disciplinary approach to the support services required to develop a high-performance culture by engaging all key stakeholders.
7. Prepare regular reports and presentations on the application of Sports Science within both a Sports specific and Health related context to Ulster Council and third parties.

Delivery

8. Use the technology available and protocols to ensure best practice is being applied across the coaching and games development sectors at all levels.
9. Provide support with the use of GPS, Video Analysis and Strength and Conditioning in performance and high-performance sectors.
10. Provide mentoring support with targeted groups to embed best practice within the clubs and county development structures.

General:

11. Participate in projects and or applied research within Ulster Council and in partnership with key stakeholders.
12. Attend and when required facilitate internal and external meetings and workshops, training courses and visits as appropriate.

This job description is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation as the post holder and work programme evolves.

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PERSONNEL SPECIFICATION

JOB TITLE: **SPORTS SCIENCE SUPPORT OFFICER**

CRITERIA	ESSENTIAL	DESIRABLE
1. Qualifications and Attainments	1.1 A qualification at degree level in Sports science or related subject. 1.2 Evidence of having carried out a research project in third level.	1.3 A qualification in strength and conditioning.
2. Relevant Experience	2.1 At least 1 years' full-time experience or two years (24months) part-time in the provision of support to athletes, teams or coaches used to improve performance. 2.2 Ability to measure, and analyse results and develop, communicate and implement programmes.	2.3 Knowledge and experience of programmes used to track workloads.
3. Special Aptitudes	3.1 Demonstrate the ability to successfully manage, implement and evaluate projects to required outcomes. 3.2 Demonstrate the ability to use your knowledge and technology to inform decisions. 3.3 Proven ability to deliver testing, video analysis, GPS and other areas to	3.6 Evidence of having delivered strength and conditioning programmes. 3.7 Evidence of delivering sports science related workshops to coaches.

	<p>support high performance.</p> <p>3.4 Proven ability to deliver a range of services to support performance and high-performance teams.</p> <p>3.5 Demonstrate ability to undertake research within the performance and high-performance environment.</p>	
4. General Intelligence and Disposition	<p>4.1 Demonstrate the ability to work independently and under pressure.</p> <p>4.2 Demonstrate the ability to problem solve and make decisions.</p> <p>4.3 Ability to make presentations in a clear, concise and effective manner.</p>	<p>4.4 Demonstrate the ability to build relationships and develop networks.</p> <p>4.5 Demonstrates the ability to mentor individuals.</p>
5. Circumstances	<p>5.1 Ability to work unsocial hours at evenings, weekends and Bank Holidays</p> <p>5.3 Access to transport and able to undertake travel to meet needs of the post.</p>	

The successful applicant will be expected to have a commitment to continuous personal professional development, be open minded, a team player and be highly motivated with a passion for research, sports science and sports development.