



Sport Science MSc Studentship – Lincoln City FC and University of Lincoln

Role Details

Placement Title: Sport Science Intern

Department: Academy Sport Science and Medicine

Reports To: Head of Academy Sport Science and Medicine

Location: Riseholme College Showground Campus and other venues subject to role demands.

Hours: 40 hours per week, including University hours. Hours may include weekends and evenings.

Salary: Fees for the MSc are fully funded by Lincoln City FC – there is no additional salary.

Start date: 3rd July 2023

End date: 31st May 2025

Purpose of the role

To aid in the testing, planning, implementation, and monitoring of Sport Science services within the Lincoln City FC Academy, working with all ages from U9-U18's. This position is intended to compliment the study of either the MSc Sport Science (taught masters), or MSc by Research in Sport Science – both on a two-year Part-Time basis.

Key Duties and Responsibilities

- Assist with the delivery of gym and pitch-based strength and conditioning for U13-U18 and shadow scholar groups.
- Support the collection, analysis, and distribution of GPS training and matchday data.
- Engage in bi-weekly departmental CPD.
- Assist with planning and programming for individuals in-line with the club's athletic development model.
- Assist in the formulation and delivery of injury prevention programmes.
- Support the delivery of testing protocols and data collection/analysis.
- Plan and deliver training and matchday warm-ups for U15-U18 teams which develop field-based movement competencies.

- Provide regular reports at appropriate meetings associated with the Strength and Conditioning support (athlete programme design, athlete attendance and adherence, test and monitoring reports, programme overview, review and updates).
- Initiate and contribute to special projects that are part of the wider development of the medical and exercise science department at the football club.

Person Specification

Personal Skills/Characteristics	E	D
Experience		
Working in a group facing environment.	X	
Working in a team sport environment.		X
Leading warm-ups and cool downs.	X	
Planning and programming gym-based S&C sessions.	X	
Coaching gym-based movement competencies.	X	
Coaching pitch-based movement competencies.		X
Monitoring and analysing GPS data.		X
Collecting and analysing physical testing data.	X	
Producing a detailed athlete needs analysis.	X	
Qualifications and training		
Undergraduate degree in Sport Science or relevant subject.	X	
Meet minimum requirements for acceptance onto chosen University of Lincoln MSc course.	X	
Intention to complete UKSCA Accreditation during internship.	X	
Be subject to a DBS check through Lincoln City FC upon acceptance of the role.	X	
Completion of FA and EFL safeguarding training upon acceptance of the role.	X	
Other qualifications which are recognised as beneficial to the role: Education qualification (eg. PGCE) / Coaching or Mentoring / Coach Education / Multi-Sports Qualifications / Futsal.		X
Valid UK driver's licence.	X	
Special skills and knowledge		
Knowledge of the Rules and Regulations of The FA, EFL and Premier League.		X
An understanding of and a commitment to equal opportunities issues both in the workplace and the wider community.	X	
Proficient in use of Microsoft Office systems e.g. Office, Excel, and PowerPoint.	X	
Proficient in use of Microsoft PowerBI reporting tool.		X

Personal qualities		
Passionate about lifelong learning and development, with the skills and personality to engage with others seeking to do this.	X	
Believes in maximising their own potential at every opportunity in an elite environment.	X	
Has exceptionally high standards and expectations in performance for self and others	X	
Committed to working to and promoting the philosophy of the football club and to promoting and displaying standards of excellence.	X	
Be an ambassador and positive role model for Lincoln City Football Club and University of Lincoln.	X	
Demonstrate initiative and independence with basic tasks.	X	
Personal circumstances		
Ability and willingness to work outside normal hours, including evenings and weekends.	X	
Ability to travel independently.	X	
Physical Requirements		
No serious health problem which is likely to impact upon the job performance; (that is, one that cannot be accommodated by reasonable adjustments)	X	

Safeguarding

Lincoln City Football Club and its staff are fully committed to the safeguarding and welfare of children and vulnerable adults irrespective of age, gender, language, religion, ethnic background or sexual identity. We recognise that safeguarding is the responsibility of everyone who has contact with children, young people and vulnerable groups and we are dedicated to providing a positive environment, enjoyable experiences and to protect from harm.

Equality, Diversity and Inclusion

Lincoln City Football Club is committed to ensuring that applicants and employees from all sections of the community are treated equally and not discriminated against on the grounds of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation (combined, the Equality Act 2010 Protected Characteristics).

MSc Course information

It is intended that the successful participant completes either the MSc Sport Science (taught course) or MSc by Research in Sport Science at the University of Lincoln on a Part-Time basis alongside the internship at Lincoln City FC. The University course is to be fully funded by Lincoln City FC.

Additional information regarding the MSc Sport Science (taught course) can be found via the link below:

[Sport Science | MSc | University of Lincoln](#)

Additional information regarding the MSc by Research in Sport Science can be found via the link below:

[Sport and Exercise Science/Sports Studies | MSc by Research | University of Lincoln](#)

How to apply

To apply, email a completed application form to recruitment@theredimps.com by **5pm Monday 29th May 2023** at the latest. Please include details of the University course you wish to be considered for and provide details of how you meet the person specification above.

Additional information

If there are any queries regarding the internship with Lincoln City FC, please contact **Sam Bolderson** (Head of Academy Sport Science and Medicine) via email at: sbol@theredimps.com.

If there are any queries regarding either of the MSc courses at the University of Lincoln, please contact **Sandy Willmott** (Associate Professor/Programme Leader) via email at: swillmott@lincoln.ac.uk.