



JOB DESCRIPTION – HEAD OF SPORTS SCIENCE

- 1. JOB TITLE** Head of Sports Science
- Responsible to: First Team Manager
Chief Executive and General Operations Manager
- Responsible for: Lead Sports Scientist
Lead S&C Coach
Sports science intern students

2. MAIN PURPOSE

To lead, manage and deliver the sports science provision for the performance development of first team squad members.

To act as the Club lead for sports science and ensure the effective operation of the multi-disciplinary team and drive both development and performance outcomes.

3. RESPONSIBILITIES

3.1 Specific Responsibilities

Lead, deliver and enhance the Club's sports science provision in line with the Club's strategic objectives – to prevent injury and to enhance individual and collective athletic performance.

Manage and lead the development of long-term load and athletic development planning.

Liaise daily with management staff regarding the status and physical preparation required to reduce the risk of injury occurrence and maintain high performance and athletic development of first team squad members (i.e. monitoring and intervention).

Deliver sport science support in the following areas;

- Data analysis (e.g. workload, GPS and heart rate monitoring)
- Biomechanical assessments
- Anthropometric assessments
- Physiological and fitness assessments
- Medical and physical screening
- Predictive testing of size and shape/maturation measurement

Manage and deliver individual and group strength and conditioning programmes, including both indoor and pitch-based strategies.

Ensure that appropriate recovery and injury prevention strategies are adopted after training and matches.

Implement appropriate diet and nutrition strategies.

Liaise daily with the medical department on player status, wellness and rehabilitation.

Design and/or enhance existing evidence-based protocols for return to train and return to play processes, and manage the transition process in conjunction with the medical department.

Ensure the latest clinical, scientific and technical innovations for applied practice are implemented while maintaining the highest level of care.

Create relationships with staff, coaches, players and the wider Club staff to facilitate strong operational delivery and deliver the strategic aims.

Liaise closely with national teams' performance and medical departments to ensure players' sports science and medical needs are met during international duty.

Manage the budget for the department in cooperation with the General Operations Manager.

Ensure detailed records of all therapy care for the department are maintained in accordance with relevant legislation, policies and procedures.

Comply with all relevant regulatory bodies and legislation and maintain professional conduct at all times.

Provide support and guidance to the academy sports science and medicine departments in relation to the transition of players into first team, and streamline strategies and protocols throughout the Club.

Undertake personal CPD as appropriate to meet the demands of the role and maintain professional standards.

Create and coordinate an effective CPD programme for departmental staff as appropriate.

Maintain discretion and confidentiality at all times.

Be presentable, smart and personable at all times when representing the Club.

Undertake all reasonable tasks assigned by the Manager.

3.2 Health & Safety

Lead by example being diligent and observant at all times.

Ensure safety & risk are considered within all projects.

Ensure a safe and respectable environment for all players and staff to maximise their holistic development.

4. QUALIFICATIONS

4.1 Essentials

- a) BSc/BA in Sports Science (or related discipline)
- b) MSc/MRes/MPhil in Sports Science (or related discipline)
- c) BASES accreditation
- d) UKSCA accreditation
- e) Valid enhanced CRC check
- f) Full UK Driving Licence

4.2 Desirables

- a) UKSCA/NSCA/NASM qualification(s)
- b) BASEM accreditation
- c) Valid Intermediate Trauma Medical Management in Football (ITMMiF)

5. PERSON SPECIFICATION

Extensive understanding of sport science and related disciplines, including their impact on athletic performance.

Experience as an applied practitioner in sports science.

Desirable to have experience of a departmental leadership role within elite sport.

Experience in conducting scientifically underpinned assessment, monitoring and evaluation procedures.

Experience of using data management systems to ensure the secure and efficient storage of monitoring and evaluation data.

A confident decision-maker.

Able to communicate clearly and effectively with players and staff at all levels, with absolute discretion.

Strong IT skills with the ability to use e-mail, Microsoft Office and analytical software to a high standard.

Able to adapt to the demands of the job and needs of the players and staff.

Committed, enthusiastic and passionate about the athletic development of professional football players.

Dedicated to self-improvement and continuous professional development.

Willing to follow and promote the philosophy of the Club.

6. EQUALITY STATEMENT

The employee must at all time carry out their duties with due regard to Luton Town Football Club policies and procedures.

The employee must ensure a positive commitment towards equality and diversity by treating others fairly and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relationships between all internal and external stakeholders.

The employee must contribute to encouraging equality and respecting diversity by embedding such values in the workplace and challenging inappropriate behaviour and processes.