



# MSc Strength and Conditioning Bursary with Wolverhampton Wanderers FC Academy

## Applicant Pack





## **MSc Strength and Conditioning Bursary funded by the Wolverhampton Wanderers FC Academy**

We are offering applicants of our MSc Strength and Conditioning programme the opportunity to apply for a bursary to covering course fees funded by WWFC Academy.

**Closing Date: Midnight Sunday 4<sup>th</sup> June 2023**

**Interview Date: Wednesday 14<sup>th</sup> June 2023, Walsall Campus**

**Start Date: MSc Strength and Conditioning Course Welcome Week – Monday 18<sup>th</sup> September 2023**

### **Bursary details**

The bursary will cover the UK home [course tuition fee costs](#) for the MSc Strength and Conditioning and in exchange the successful applicant will undertake an applied work placement within the sports science support team at WWFC academy supporting youth players in their physical development.

### **MSc Strength and Conditioning**

This exciting and applied course will develop your scientific knowledge and skills in delivering strength and conditioning training methods within a range of contexts. The applied and practical nature of the course will equip you with the skills required to work with athletes and clients of different ages, abilities and demographics in designing and implementing bespoke training programmes to enhance athletic performance and health and wellbeing. For further information about the MSc Strength and Conditioning programme, see the [course webpage](#).

**Please note:** The bursary and associated opportunity to work with WWFC Academy is in combination with studying the MSc Strength and Conditioning programme. Therefore, successful progress and engagement on the MSc is a requirement of continued receipt of the bursary and work experience offered.



## Role Description

<b>PLACEMENT TITLE:</b>	Academy Assistant Sport Scientist Bursary (studying towards MSc Strength & Conditioning)
<b>DEPARTMENT:</b>	Medical and Exercise Science
<b>REPORTS TO:</b>	Head of Sport Science / Academy Manager - Football
<b>LOCATION:</b>	Sir Jack Hayward Training Ground, additional travel may be required
<b>HOURS:</b>	24 hours per week from September – September (2023 - 2024)

**We are Wolves; progressive, determined, bright, unified and humble. A pack that is hungry for success. Wolves is one of the fastest growing professional football clubs in the UK, and also boasts one of the richest histories in the beautiful game.**

Formed in 1877, Wolves was a founder member of the Football League, and was one of the country's most successful sides in the fifties and sixties. During a two decade spell the Black Country's most decorated side won three First Division titles and one of its four FA Cups.

Fast forward to 2022, three seasons at Molineux saw Wolves clinch the Sky Bet Championship trophy with 99 points, followed by a seventh-place finish in the Premier League, which included memorable wins over Manchester United, Tottenham Hotspur, Chelsea and Arsenal. The next season saw the team complete a memorable double over the reigning champions, equal the previous season's seventh place finish and reach the quarter finals of the Europa League all as part of the 'longest season' in league history, either starting before or finishing after all other teams.

**We take seriously our commitment to the safeguarding of children and adults at risk and to ensuring that Wolves is free from discrimination and harassment.**

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### Placement description

To aid in the delivering and monitoring (GPS/Heart rate) of on-field physical conditioning and gym-based Strength and Conditioning support services to youth players at Wolverhampton Wanderers Football Club. This placement is to support university study towards a postgraduate qualification in Strength and Conditioning working in partnership with the University of Wolverhampton.

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### Key responsibilities

- Assist in the Delivery of Strength and Conditioning related sessions to a range of different abilities and age groups.
- Plan and coach warm up sessions that include a speed, agility or plyometric elements to foundation and youth football players.
- Provide match day support that includes warm up and cool downs.
- Assist in the formulation and delivery of injury prevention programmes.
- Provide regular oral and written 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.



- Conduct research to complement the work being completed as part of the placement and in support of study towards postgraduate qualification.

### **General responsibilities**

- Compliance with club policies.
- Compliance with the club's health and safety procedures.
- Compliance with the club's safeguarding policies.
- To promote the club's values.
- To work consistently to embed equality & diversity into the club.
- To undertake such other duties as may be reasonably expected.
- To maintain professional conduct at all times.

### **Safeguarding**

- This role carries a specific safeguarding responsibility. This means that the post-holder is required to apply all relevant policies and uphold the club's commitment to safeguarding vulnerable people.

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### **Key relationships**

- To report to and work closely with the Head of Academy Sports Science and the Academy Manager – Football.
- To work closely alongside all other Academy staff in support of each player's development, as a member of Sports Science Team.
- To ensure positive relationships with players.

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### **Scope of placement**

- This placement will involve approximately 24 hours per week and may include duties outside normal office hours including evenings, weekends and on public holidays.
- This placement 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 light of the changing needs of Wolverhampton Wanderers Football Club. The Medical Department is amalgamated with both Senior and Academy Footballers and you may be asked to support either department at short notice.



## Person Specification

### Knowledge

#### Desirable

- Excellent anatomical knowledge and an ability to apply this specifically when communicating with coaches and physiotherapists.
- Ability to modify coaching style when delivering practical sessions to different populations.
- Good practical knowledge of nutrition support appropriate to the needs of high-performance athletes in training and competition.
- The ability to apply complex data and terminology to simple terms appropriate to different age groups and audiences.
- Knowledge of monitoring performance using various physiological methods.
- Demonstrate an advanced understanding of relevant equipment and technology, including its operation and maintenance.
- A comprehensive understanding of the principles of periodisation in an elite environment.

### General skills and attributes

#### Essential

- A personality that brings a positive impact to our elite environment.
- Ability to work using own initiative.
- Be proactive networking with other Strength and Conditioning coaches and fellow sports science practitioners sharing information and ideas of how to improve practice.
- Calm under pressure and able to adapt to changing situations.
- Show ability to negotiate effectively through competing and conflicting priorities, agendas and aims during the various stages of the season.
- Ability to communicate complex data in terms that are easily understood by a wide range of audiences.
- Excellent presentation and communication skills that can motivate behavioural change to have a positive impact on performance.
- The ability to establish professional relationships across the various disciplines within the medical and exercise science department at the football club.
- Be able to demonstrate that they are an evidence-based practitioner.
- An understanding of individual responsibility in complying with Health and Safety policies.
- Personal commitment to continued professional development
- Operate within the rules of professional confidentiality to liaise with athletes, medical staff, sports sciences staff, coaches and other support staff as appropriate.
- Understanding of how to work safely with children and/or adults at risk and uphold generally accepted practice when working with those participants.
- Promote, adhere to and implement the Club's Equality Policy and to work consistently to embed equality and diversity within Club.

#### Desirable

- An understanding of clinical and professional issues related to working with athletes under 16years.



### Experience:

#### Essential

- Experience delivering warm-up, cool-down, flexibility, core strength and stability, speed, agility, quickness training and coaching Olympic weightlifting to a high professional standard.

#### Desirable

- Experience of working in a sporting environment supporting athletes in a Strength and Conditioning Capacity.
- Experience of how to modify and develop conditioning programmes according to the results of specific needs analysis.
- Experience of actively engaging with players and technical coaches to create a culture which enhances attitudes towards Strength and Conditioning practices.
- Experience of analysing the Strength and Conditioning needs of youth football players using a range of screening tools.
- Experience of conducting laboratory and field testing and relaying information in an appropriate way for coaches and athletes to understand.
- Working with children and/or adults at risk.

### Qualifications: the level of educational, professional and/or occupational training required

#### Essential

- An undergraduate degree in sport science specialising in the area of physical preparation of elite athletes.
- Acceptance on to the MSc Strength & Conditioning course at the University of Wolverhampton.
- Post-holder must hold or obtain at the earliest opportunity the relevant safeguarding training (i.e. FA Safeguarding Children Workshop).
- Post-holder will be subject to a DBS check at the appropriate level and cleared by the Wolves Safeguarding Manager.

#### Desirable

- UKSCA or NSCA CSCS Accreditation or ability to obtain with 6 months of being in post.
- FA Fitness Trainers Award.
- A current first aid or basic support qualifications from a recognised organisation.



## How do I Apply?

The application is a **two-stage process**. You must submit **BOTH** stage 1 and stage 2 applications **before the deadline**.

### Stage 1: Apply for the MSc Strength and Conditioning

If you have any questions about the course, please email programme leader Mark Niemz [m.niemz@wlv.ac.uk](mailto:m.niemz@wlv.ac.uk)

To apply for the MSc Strength and Conditioning, complete the **online application form** as well as upload a suitable **reference and other relevant supporting information**, such as your degree certificate. Please note the **personal statement** section of the application form is a key element of the decision process in determining your suitability for the course, so it is imperative you read the information about how to write your personal statement below. Visit [the MSc Strength and Conditioning course page](#) and click on 'Apply now'.

#### HOW TO WRITE YOUR PERSONAL STATEMENT

Your personal statement is a substantial and important part of your application that will be used to determine your eligibility for the course and may distinguish you from other applicants. Your personal statement is read thoroughly by the Admissions Unit and Admissions tutors when your application is being considered.

##### What makes a good personal statement?

**Explain your reason for applying for the MSc Strength and Conditioning:** You should focus your personal statement to the MSc, and it should support your desire to study the course. You should explain your reasons for applying for the course – why would this course suit you? What interests you about the course? You should demonstrate enthusiasm and commitment to the course, to undertaking research in your chosen field and to pursuing a career in S&C.

##### Generic Information for all Personal Statements

**Clear and well written:** Your Personal Statement should be clear, well written, well-structured and display good English language skills. It should be organised into paragraphs with an introduction, middle and end.

**Highlight what you have done to develop knowledge of your chosen area of study:** You should detail any jobs, placements, work experience (paid or unpaid) or activities (which could include previous study) that you have undertaken to develop your interest/knowledge in the area that you have chosen to study. This should include the nature of the experience/activities, where you worked/studied and the amount of time you spent there. You should also state when this experience took place.

When considering the course you are applying to, it is important that you identify the personal qualities you possess or have developed that will help you during the course. You should ensure that you identify your personal qualities and transferable skills within your Personal Statement. You



should show you have a general knowledge and insight into the subject area you will be studying. How will your present knowledge help you?

**Show you have carefully considered your study choice:** We would be interested to know how the course relates to your future plans.

**Overseas applicants:** If you are applying from overseas, your personal statement should also explain your reasons for choosing to study in the UK and why you chose the University of Wolverhampton. Addressing these areas in your personal statement will help you to develop your answers to the questions that you may be asked as part of your visa application interview.

**Previous study in the UK:** If you have previously studied in the UK and you are applying to study a course at the same or a lower level than your previous course, your personal statement must clearly outline why you wish to study your course and how it will relate and add to your previous qualification from your previous course.

If you require sponsorship for a Tier 4 Student Visa and the University is not satisfied that your course of study demonstrates satisfactory academic progression, we may not be able to proceed with your application.

**Changes to personal statements:** Once you have submitted your personal statement, we will not accept amended versions.

**Similarity detection:** Your personal statement should be your own work and individual to you. All personal statements are read thoroughly by the Admissions Unit and if similarities are spotted between your personal statement and those from other applicants, your application may be refused.

## Stage 2: Apply for the Bursary

For further details about the bursary please see the role descriptor.

Once you have submitted your application for the MSc Strength and Conditioning you may apply for the bursary. Please e-mail a copy of your **CV and a cover letter** explaining why you think you are suitable for the bursary to the following email address: [m.niemz@wlv.ac.uk](mailto:m.niemz@wlv.ac.uk)

Please clearly indicate the reference **UoW MSc Strength and Conditioning Bursary** in the title of the email and on your cover letter.

You must submit your application for the bursary prior to the closing date. Applicants subsequently provided with an offer to study the MSc Strength and Conditioning will be put forward for shortlisting for the bursary position. (You do not have to wait for your course application to be processed before submitting your application for the bursary.)

To be considered for the above bursary your application for **the MSc Strength and Conditioning and the bursary must be received by the closing date (Midnight Sunday 4<sup>th</sup> June 2023)**.





## What happens following my application?

Your application for the MSc Strength and Conditioning will be processed and you will be informed via our admissions department whether you have been offered a place on the course.

Applicants who have been offered a place on the MSc Strength and Conditioning will then have their bursary application put forward for shortlisting. A short list will be drawn up and those applicants will be invited for an interview at our Walsall campus.

In-person interviews for the bursary will take place at the Walsall Campus on **Wednesday 14<sup>th</sup> June 2023**.

For further information about the MSc Strength and Conditioning or to arrange an informal discussion about the bursary, please contact the programme leader: Tel: 01902 32 3105, E-mail: [m.niemz@wlv.ac.uk](mailto:m.niemz@wlv.ac.uk)