



Job Posting Title: Sports Science Intern

Grade and Salary: Internship, unpaid (benefits listed below)

Working pattern: Flexible to individual & cohort schedules.

Organisation Name: Oriam: Scotland's Sports Performance Centre

**About Oriam:** Oriam has a vision to inspire, engage and motivate our communities through the facilities we provide and the interactions we have with our customers. As a member of the team, you will contribute to the delivery of the strategy.

**Purpose of Role:** To develop theoretical knowledge & practical skillsets associated with the role of an applied Sports Scientist across an established curriculum across the academic year (Sep '24 – Apr '25)

## Summary of Key Duties and Responsibilities:

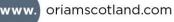
- Observe & assist in weekly Strength & Conditioning and/or Recovery sessions with the Heriot-Watt Sport Scholarships Programme, Sports Union clubs, Oriam Youth Development Programme and additional external contracts.
- Participate in practical Oriam Performance workshops alongside fellow interns and wider Oriam staff members, covering topics such as Olympic Weightlifting, Plyo, Agility & Speed, Gamification and Coaching Considerations.
- Submit and present on applied 'Tasks' related to Oriam Sports Science services, targeting planning & periodisation, data handling & building an athlete-centred case-study.
- Collaborate with the Lead Sports Scientist to create and undertake a Personal Development Plan that is bespoke to your current and desired practitioner level.
- Work closely with the Sports Science & wider multi-disciplinary Oriam Performance team to provide evidence-based support for development of athletes & Oriam-based programmes.

## Education, Qualifications & Experience:

These are the criteria on which the short-listing and recruitment selection will be based.

<u>Essential</u>

- 1. Enrolled as a student in a Sport and Exercise Science related course (undergraduate or postgraduate)
- 2. Competent in the use of relevant IT packages
- 3. Well-developed interpersonal and communication skills
- 4. Demonstrable professional and proactive approach
- 5. Ability to develop relationships with a range of stakeholders athletes, coaches, support staff etc.
- 6. Demonstrable ability to work flexibly and accurately in a dynamic, changing environment.
- 7. Excellent time management.











# Benefits:

In addition to gaining valuable experience and develop new skills while working within an experienced multi-disciplinary team, as an Oriam intern you will:

- 1. Receive Oriam staff kit to wear for the duration of your internship.
- 2. Have opportunities to support on the delivery of other key Sport Science support services e.g. fitness testing, educational workshops, recovery sessions etc.
- 3. Have opportunities to shadow wider Oriam departments, including but not limited to Fitness, Wellbeing and Sports Union.
- 4. Optional attendance at Performance Department meetings, Delivery Section meetings, All Staff Days and staff socials.

## How to apply:

Please submit your CV and cover letter to <u>careers@oriam.hw.ac.uk</u> by 23:59 on Mon 19 August.

## **Application Timeline:**

Phase:	Time:	Date:
Application Deadline	23:59	Mon 19 Aug 2024
Interviews	-	Tues 27 Aug 2024
Onboarding & Induction Day	09:00 - 16:00	Mon 02 Sep 2024
Internship Curriculum Start	-	from Mon 09 Sep

Please contact careers@oriam.hw.ac.uk to ask any questions about this role.





