



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.

Essential

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 careers@oriam.hw.ac.uk 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	-	<i>from</i> Mon 09 Sep

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

