



Cardiff
Metropolitan
University

Prifysgol
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Caerdydd

JOB DESCRIPTION

Job Title:	Technician Demonstrator (Strength and Conditioning)
School:	Cardiff School of Sport and Health Sciences
Location:	Cyncoed Campus
Grade:	6 A/B
Salary:	£35,326 - £39,739 per annum (pro-rata)
Hours:	22 hours per week
Tenure:	Permanent
Accountable to:	Sport Conditioning, Rehabilitation and Massage Laboratory Director

This job description is indicative, not prescriptive, and the balance of duties will be in accordance with the contract of employment.

Role Summary:

This is a key post that will contribute to the ambitions of the University's Strategic Plan 2017/18 – 2022/23.

The post holder will support the delivery of the Strength and Conditioning, Rehabilitation and Massage (SCRAM) programme portfolio including technical expertise, teaching support and general administrative duties with specific responsibility within the area of strength and conditioning.

The successful candidate(s) will be encouraged and supported to undertake a part-time PhD in strength and conditioning or sports therapy aligned to one of the current academic members of staff.

Academic staff have overall responsibility for students but the duties and responsibilities detailed below may be undertaken by Technician Demonstrators, in the absence of a member of academic staff. During such times, Technician Demonstrators will be responsible for the health and safety of students in their jurisdiction.

Principal Duties and Responsibilities:

The Technician Demonstrator (Strength and Conditioning) will undertake the following duties, carried out in liaison with the Programme Director or other identified members of academic staff as appropriate:

- 1) Supervise laboratory work and processes undertaken by staff, students and visitors as required in the strength and conditioning areas and other such areas as requested.
- 2) Demonstrate practical techniques and processes and the operation of equipment in teaching rooms, specialist facilities to staff, students and visitors for taught practical sessions, research activities and projects.
- 3) Ensure that equipment and materials are in place at the appropriate times and that rooms and specialist facilities are ready for teaching and are functioning effectively and safely.
- 4) Advise and support academic / research staff and students on the use and application of techniques, equipment and process associated with programmes of study and research and innovation activities.
- 5) Discuss student progress with academic staff. Provide feedback to academic staff on a student's ability to progress and their skill level.
- 6) Design, develop and modify specialist methods, processes and equipment required for course programmes and needs of the School.
- 7) Support the delivery of seminars aligned to practical work and which have been planned by academic staff
- 8) Advise on the purchase of new equipment and required maintenance of existing equipment. Purchase replacement or new equipment and consumable items. Undertake budgetary control, in close liaison with discipline staff and SRM.
- 9) Maintain the inventory database ensuring that new equipment is recorded and labelled accurately and obsolete items written off appropriately. Prepare and implement maintenance schedules to meet statutory and university requirements.
- 10) Attend school Health and Safety Committee meeting and report on Health and Safety issues and action any recommendation as appropriate. Advise academic staff on any student matter that relates to their health, safety or welfare.
- 11) Develop and maintain comprehensive teaching area and laboratory H&S management systems and monitor compliance. The design and review of health and safety regimes and protocols.
- 12) Understand the requirements of each module for which strength and conditioning and laboratory demonstrations are delegated. Maintain knowledge of the requirements of academic modules to ensure that

demonstrations can be designed to achieve the learning outcomes.
Identify and review areas for which further briefing or training is required.

- 13) General administrative tasks associated with the SCR&M programmes.
- 14) Work closely with the Technician Demonstrator (Sports Massage and Rehabilitation) and assist them with their duties as necessary and when workload requires. Substitute for the Technician Demonstrator (Sports Massage and Rehabilitation) as necessary.
- 15) Any such other reasonable duties and responsibilities as may be required from time to time including income generation or recruitment and retention of students.

Additional Information:

Standard Notification

These guidelines are provided to assist you in the performance of your contract. The university is a dynamic organisation; therefore changes may be required from time to time. Any changes will be made in consultation with the post-holder. The Summary of Duties and Responsibilities is not intended to be an exhaustive list of tasks performed. Other associated technical tasks are likely to be performed as directed by the line manager.

It is accepted that individual staff will have a specialist skills and knowledge base in relation to the role they have been appointed to. In addition to this, Cardiff Metropolitan University expects that all staff will contribute to the vision and ethos of the university and conduct themselves in a professional, courteous and student/customer focused manner at all times. All staff should have particular regard for their responsibilities under Cardiff Metropolitan University's Equalities, Financial, Environmental and Sustainability, Human Resources and Health and Safety policies and procedures.



PERSON SPECIFICATION

Job Title: Technician Demonstrator
(Strength and Conditioning)

School/Unit: Cardiff School of Sport and Health
Sciences

*Key
A - Application form
I - Interview
T/P - Test/Presentation

FACTORS	ESSENTIAL AND DESIRABLE CRITERIA	ASSESSED BY		
		A*	I*	T/P*
Education and Qualifications (Essential)	• Degree in a relevant discipline including physiology / sport and exercise science / strength and conditioning / rehabilitation	X		
	• UKSCA accreditation or international equivalent (e.g. from the National Strength and Conditioning Association or the Australian Strength and Conditioning Association)	X		
Education and Qualifications (Desirable)	• Post-graduate degree in a relevant discipline including strength and conditioning / sport and exercise science / sports biomechanics	X		
	• Health and safety qualifications (e.g. First Aid, COSHH, IOSH)	X		
Knowledge (Essential)	• Understanding of pedagogical principles that underpin student-centred teaching and assessment.	X	X	
	• Understanding of force plate data analysis for common strength and conditioning performance tests.	X	X	X
	• Appreciation and awareness of strength and conditioning equipment and consumables	X	X	
	• Appreciation and awareness of strength conditioning techniques and training programme design	X	X	X

	<ul style="list-style-type: none"> • Working knowledge of Health & Safety and the impact this has upon self and others • Awareness of ordering and stock control procedures • Inventory and database management 	X	X	
Knowledge (Desirable)	<ul style="list-style-type: none"> • Understanding of motion analysis data processing techniques and interpretation for common strength and conditioning performance tests. 	X		
Skills and Abilities (Essential)	<ul style="list-style-type: none"> • Ability to plan, prioritise and organise own work and use initiative to progress requests made by others with the effective use of resources to achieve agreed objectives • Aptitude in the preparation of audio-visual materials and teaching resources. • Be able to demonstrate techniques in strength and conditioning • Ability to design, develop and modify specialist methods, processes and equipment required for course programmes and needs of the School • Ability to demonstrate to others specific tasks or techniques on a specialist process within the post-holder's remit on an individual or group basis • Able to provide guidance to students, and give feedback on their progress to academic staff • Effective written and oral communication skills 	X	X	
Skills and Abilities (Desirable)	<ul style="list-style-type: none"> • Ability to work under pressure • Ability to undertake a doctorate • Ability to write code using programming packages such as Visual 3D, MatLab, Python, R, Lab View, VBA. 	X	X	
		X	X	
		X		X
		X		X
		X	X	
		X		X
		X	X	

Experience Paid/Unpaid (Essential)	<ul style="list-style-type: none"> • Experience and expertise with laboratory equipment including calibration procedures and minor maintenance • Experience of teaching and assessment • Experience of appropriate computer hardware and software packages • Experience of health and safety and producing associated documents • Experience of strength and conditioning coaching 	X	X		
		X	X	X	
		X	X		
		X	X		
		X	X	X	
Experience Paid/Unpaid (Desirable)	<ul style="list-style-type: none"> • Experience of specialist room / lab administration • Experience of independent use of motion analysis hardware such as Vicon and software (Nexus). 	X	X		
		X	X		
Other Requirements (Essential)	<ul style="list-style-type: none"> • Proven ability to work as an individual and as part of a team. • Interest in sport, sports science, strength and conditioning, rehabilitation and massage and a desire to share knowledge and motivate students. <p>*The appointment of the successful applicant will be subject to a Disclosure and Barring Service check (DBS, previously CRB).</p>	X	X		
		X	X	X	
		X			
Other Requirements (Desirable)	<ul style="list-style-type: none"> • Ability to support the development of research objectives, projects or proposals, with particular reference to the research interests of the SCR&M department • Ability to speak Welsh. 	X	X		
		X			

*Please note that a criminal record may not necessarily be a bar to obtaining employment in Cardiff Metropolitan University. For further information on Disclosure and Barring Service (DBS, previously CRB) please go to <https://www.gov.uk/crb-criminal-records-bureau-check>