

JOB DESCRIPTION

GRADUATE INTERNSHIP PROGRAMME 2025

1.	Internship Title	036199 Intern – Sport & Exercise Science / Strength and Conditioning
2.	Duration	6 months
3.	Working Week	The appointee will work 35 hours per week together with such additional hours as may be required from time to time for the proper discharge of their duties
4.	Department	Sport and Health Science
5.	Reports To	Head of Department or appointed nominee
6.	Duties and Responsibilities	<p>This internship provides an opportunity for a Sport Science /Strength and Conditioning graduate to gain valuable experience bridging the gap between study and work. They will be in a position to develop their sport science / strength and conditioning skills and knowledge base in a workplace setting under the full support and guidance of a sport science mentor. In addition, the intern will be able to apply their knowledge in a real work environment, gain networking opportunities and build their confidence, thus enhancing their sport science career prospects.</p> <p>The range of duties assigned to the Sport Science intern may vary greatly, but the following indicate some of the principal supervised duties and responsibilities:</p> <ul style="list-style-type: none"> • Liaise with Sport Rehabilitation and Athletic Therapy intern regarding the implementation of the Progressive Rehabilitation Performance (PRP) programme • Develop an understanding of research practices through assisting with current undergraduate and post-graduate research projects • Develop a Sport Science Support Programme for college athletes, liaising with the Barrow Centre and college sports teams to identify needs and requirements • Implement and manage the Sport Science Support Programme, offering laboratory and field-based testing, data analysis and reports • Maintain equipment used through the Sport Science Support Programme • Provide Sport Science and Strength & Conditioning evidence-based best practice to SETU coaching personnel • Maintain working environment (laboratory or field setting) to ensure effective work practice • Be involved in the development of best work practice techniques • Undertake other duties as required by the Head of Department/Function or other designated person
7.	Essential Requirements	<ul style="list-style-type: none"> • A relevant SETU Level 8 Honours Degree (first or second-class) or relevant SETU Level 9 Masters degree from 2023 or 2024 OR • A final year SETU student in the 2024/25 academic year • Hold Professional Liability Insurance (for Sport Science) • Be available to work some evenings and weekends
8.	Desirable Qualifications/Skills	<ul style="list-style-type: none"> • Possess excellent interpersonal, team working and time management skills
9.	Salary	€2,055 per month