

Strength and Conditioning / Sport Science Placement Student (Fixed Term Contract)

High Performance Department, Mardyke Arena UCC, Cork

About Mardyke Arena UCC:

Mardyke Arena UCC is a leading sports and fitness facility located at University College Cork. Committed to supporting athletic excellence, the Mardyke Arena provides state-of-the-art resources and expert coaching to a diverse range of high-performance & talent identified athletes across various sporting disciplines.

The Opportunity:

Mardyke Arena UCC is seeking a highly motivated and enthusiastic Strength and Conditioning / Sport Science Placement Student to join our dynamic team. This is an exceptional opportunity to gain hands-on experience working with high-performance & developing athletes in a supportive and professional environment. The successful candidate will assist our experienced Strength and Conditioning coaches in the delivery of comprehensive training programs aimed at maximizing athletic potential.

Key Responsibilities:

Assisting with Program Delivery: Under the direct supervision of qualified coaches, assist in the implementation of strength, power, speed, agility, and conditioning programs for a diverse range of high-performance & talent identified athletes across various sporting disciplines

Exercise Instruction and Supervision: Provide clear and concise instruction on exercise technique, ensuring safety and proper execution. Offer feedback and make minor adjustments as needed.

Data Collection and Analysis: Assist with the collection of relevant performance data (e.g., strength testing, speed and agility measurements) and contribute to basic data analysis under guidance.

Equipment Management: Assist with the setup, maintenance, and organization of training equipment, ensuring a safe and efficient training environment.

Observation and Learning: Actively observe and learn from experienced coaches during training sessions, consultations, and program design meetings.

Administrative Tasks: Assist with administrative duties such as record-keeping, scheduling, and preparation of training materials.

Contributing to a Positive Training Environment: Foster a positive and encouraging atmosphere for athletes and clients.

Adherence to Policies and Procedures: Understand and adhere to all organizational policies, safety guidelines, and ethical standards.

Professional Development: Actively seek opportunities for learning and professional development through assigned readings, discussions, and potential workshops.

Requirements:

- Currently enrolled in an undergraduate or postgraduate degree program in Strength and Conditioning, Sports Science, or a related discipline.
- A foundational understanding of exercise physiology, biomechanics, and training principles.
- Demonstrated interest in strength and conditioning and athletic performance / development.
- Strong communication and interpersonal skills, with the ability to interact effectively with athletes, coaches, and other staff.
- Excellent work ethic, demonstrating punctuality, responsibility, and a proactive approach to tasks.
- Demonstrated ability to work effectively as part of a team and to take initiative when required.
- Strong organizational skills and attention to detail.
- A proactive and enthusiastic approach to learning and professional development.
- Basic computer literacy, including proficiency in Microsoft Office Suite (Word, Excel).
- Garda Vetting

Desirable (but not essential):

- Basic knowledge & keen interest in sports performance data analytics.
- Prior experience in a strength and conditioning setting, either through volunteering or previous placements.
- Basic knowledge of different strength and conditioning equipment and their proper use.
- Familiarity with performance testing protocols

Benefits of the Placement:

- Valuable hands-on experience in a professional strength and conditioning / athletic performance setting.
- Mentorship and guidance from experienced and qualified Strength & Conditioning Coaches.
- Opportunity to apply theoretical knowledge and develop practical coaching skills.
- Exposure to a diverse range of athletes/clients and training methodologies.
- Networking opportunities within the sports performance industry in Cork.
- Potential for professional development and skill enhancement, including ASCA Level 1 S&C Coaching Course (*if course is available during placement period)
- A supportive and collaborative learning environment.
- Paid position
- 24 hours / week Hours minimum, however hours per week can be discussed & agreed prior to commencement of placement
 - 30 hours / week may become available in due time.

Duration: Semester 2 2026, 16 weeks.

Start Date: Monday 5th January 2026

Finish Date: Friday 24th April 2026

Location: Mardyke Arena UCC, University College Cork, Cork, Ireland.

To Apply:

Please submit your CV and a cover letter outlining your suitability for this role to dodnoghue@ucc.ie

Closing Date for submission: 28th November 2025