



Performance and Sport Science Intern/Trainee

Example Job Description supplied by the NSCA

Related Job Titles: Intern, Trainee, Apprentice, Fellow, Assistant, and Junior Analyst

Hiring Term/Appointment: Part-Time or Seasonal Employee

Reports to: Coordinator of Performance and Sport Science

General Job Description

The Sports Scientist Intern/Trainee is a resourceful aspiring junior performance and sport scientist. They will be responsible for delivering support in the weight room and on-field, as well as possess basic knowledge of sports science while reporting to senior sport scientists, including program coordinators, directors, and leadership. The purpose of the Sports Scientist Intern/Trainee position is to assist in the daily operations of sport science initiatives related to data collection and analysis.

The Sports Scientist Intern/Trainee will develop skills through the use of athlete monitoring and testing tools, and conduct a variety of tasks enabling the efficient and accurate collection of data, rapid and appropriate analysis, and the timely delivery of information to stakeholders. By the end of the hiring term, the Sports Scientist Intern/Trainee will be expected to demonstrate competence in testing procedures and data collection in support of department initiatives.

Essential Duties and Responsibilities

1. Assist in data collection for athlete testing and monitoring.
2. Basic data entry, processing, and analysis.
3. Preparation of visual and insights-driven data reports, abstracts, and presentations.
4. Assist with fitness and performance assessments, and develop skills in athlete profiling techniques.
5. Develop the ability to independently operate low-tech and high-tech sport science equipment in support of monitoring and testing programs.
6. Learn and operate all relevant sport science technology, including Athlete Management System (if available).
7. Learn current applications of training theory concepts.
8. Participate in educational workshops, seminars, webinars, etc.
9. Participate in problem-solving activities as directed.

Peripheral Duties and Responsibilities

1. Gain familiarity with concepts in related academic literature.
2. Collaborate with coaching and performance staff in the design and administration of athletic performance programming.
3. Assist with equipment maintenance, facility safety, and appearance.
4. Assist in the preparation of translational information to athletes and coaches.

Qualifications

1. Enrollment in, or prior completion of, an academic program consistent with sport science preparation; Optimally exercise science, sport physiology, or biomechanics.
2. Basic skills and familiarity with Microsoft Excel, Google Sheets, or equivalent programs.
3. Prior coaching or athletic related experience preferred.

Physical Requirements

- Ability to demonstrate the appropriate skills and techniques to be used by athletes to participate in athlete testing and/or their particular sport(s). Sitting, standing, lifting and carrying (up to 50 pounds), reaching, squatting, climbing stairs, kneeling, and moving equipment/boxes (up to 50 pounds).
- Position involves a combination of indoor sedentary work, active demonstration, and outdoor coaching support activities.
- Reasonable accommodations may be made to enable individuals with disabilities to perform essential job functions.

Safety and Health Requirements

1. Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
2. Knowledge of universal hygiene precautions.
3. Knowledge of current NSCA Strength and Conditioning Professional Standards and Guidelines.

Equipment/Materials Handled

- Must learn to safely operate strength training equipment, athlete testing and monitoring devices, and safety equipment, including automated external defibrillator (AED).
- Ability to work on a computer for long periods, and communicate with individuals and/or groups by telephone, video call, email, and face to face.

Work Environment

Must be able to work within various degrees of noise, temperature, and air quality. Work surfaces will vary from concrete to grass to hard wood floors. Job responsibilities require both inside and outside assignments. Interruptions of work are routine. Flexibility and patience are required. Must be self-motivated and able to effectively learn job assignments with appropriate training. Evening and weekend work may be expected. May make site visits when needed and appropriate. Must be able to work under stressful conditions.

Other Duties

This job description is not designed to cover or contain a comprehensive listing of activities, duties or responsibilities that are required of the employee. Maturity, humility, and strong eagerness to learn are essential for this role.