



University of Lincoln Students' Union Science Practitioner of Team Sports (SPOTS)

Purpose

The purpose of this procedure is to govern the process of the Science Practitioner of Team Sports (SPOTS) programme.

Science Practitioner of Team Sports (SPOTS) is a voluntary programme that offers opportunities to both University of Lincoln Students' Union Sports Clubs and a Science Practitioner who is a student studying within the School of Sport and Exercise Science at the University of Lincoln.

The Process

Working in partnership with the University of Lincoln, Sports Clubs will be paired with a Science Practitioner throughout their season having weekly sessions to develop the team in certain aspects of their training. This gives the Science Practitioner valuable work ready experience within their field.

The list of clubs interested will be reviewed annually by the Vice President Activities and the School of Sport and Exercise Science.

The Science Practitioner

Only students studying a Postgraduate sports course or in their 2nd or 3rd year studying an undergraduate BSc (Hons) sports-related course are eligible to take part in the programme, due to the knowledge and experience required to fulfil the role. Science Practitioner Assistant positions will be offered to 1st year undergraduates studying sports courses.

A student can apply to be a Science Practitioner through the University of Lincoln Students' Union website via the volunteering opportunities section of the website.

As a volunteer, the hours of each Science practitioner can be recorded by the University of Lincoln Students' Union and approved by the Activities Manager as well as voluntary hours towards the Lincoln award.

A Science Practitioner will be assigned by the Vice President Activities and a School of Sport and Exercise Science academic to an individual or a Sports Club, and will periodically attend games and matches to provide support with fitness/match analysis/technique analysis/psychology throughout the season.

Sessions will be run throughout the year by the Science practitioner for the Sports Club or individual on the following topics to support in improving and developing the performance of the Sports Club or individual;

- Nutrition
- Performance/video analysis
- Anti-doping
- Biomechanics
- Sport and Exercise Psychology

Science Practitioner will report monthly to the School of Sport and Exercise Science lead, the Activities Department, the VPA and the Sports Club and produce a report discussing the development of the programme. Failing to do this may lead to the Science Practitioner not being able to carry on with the role as deemed necessary by the School of Sport and Exercise Science lead and the Vice President Activities.

Sports Clubs

Sports Clubs will be emailed each year by the Activities Department of the University of Lincoln Students' Union promoting the programme and can participate by showing an expression of interest via an email to the sports@lincolnsu.com before the 31st October.

Sports Clubs that participate in the programme will be expected to support the Science Practitioner with their own research or assignments in return for their volunteering commitment.

Sports Clubs will report monthly to the School of Sport and Exercise Science Senior Lecturer/ Programme Leader, the Activities Department, the VPA and the Science Practitioner to discuss the development of the programme.

Monitoring of the programme

A SPOTS agreement form will be completed by the Sports Club/ individual and the assigned Science Practitioner agreeing to commit to at least 1 hour a week as part of the programme by both parties (match or training).

Should one party be unable to attend, it is the responsibility of the Sports Club, individual or the Science Practitioner to inform the other party of their unavailability as soon as is reasonably possible but a minimum of 24 hours in advance of the planned activity.

Should a Sports Club not turn up to an agreed time then the Science Practitioner must report this to the School of Sport and Exercise Science lead as soon as is convenient.

Should a Science Practitioner not turn up to an agreed time then the Sports Club must report this to the University of Lincoln Students' Union Vice President as soon as is convenient.

Upon completion of the programme in term 1, both parties will countersign their SPOTS Agreement Form 1 week before the end of term to agree that the terms of the agreement have been adhered to. This will occur in term 2 as well.

HC - July 2020