



Science Practitioner of Team Sports

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

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

The following Sports Clubs will be offered a Sports Scientist as part of SPOTS;

- Men's futsal
- Women's rugby
- Women's football
- Netball
- Rugby League
- Volleyball
- Lacrosse
- Hockey

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

Sports Scientist

Only a student studying Postgraduate sports course, or are in their 2nd or 3rd year studying an undergraduate in BA Hons sports course are eligible to take part in the programme due to the knowledge and experience required to fulfil the role. Sports Scientist Assistant positions will be offered to 1st year undergraduates studying sports courses.

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

As a volunteer, the hours of each Sports Scientist 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 Sports Scientist will be assigned by the Vice President Activities and the School of Sport and Exercise Science Senior Lecturer / Programme Leader to an individual or a Sports Club who will periodically attend games and matches to provide support with fitness/match analysis/psychology throughout the season.

Sessions will be run throughout the year by the Sports Scientist 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
- Bio- mechanics
- Sport and Exercise Psychology

Sports Scientists will report to the School of Sport and Exercise Science Senior Lecturer / Programme Leader termly and produce a report discussing the development of the programme. Failing to do this may lead to the Sports Scientist not being able to carry on with the role as deemed necessary by Sandy Willmott and the Vice President Activities.

Sports Clubs or Individuals

Sports Clubs listed previously 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 Vice President Activities.

Individuals who compete in BUCS upon successful application into BUCS will be emailed 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 Vice President Activities.

Sports Clubs or individuals that participate in the programme will be expected to support the Sports Scientist with their own research or assignments in return for their volunteering commitment. It is hoped that the relationship between the Sports Club or individual and the Sports Scientist will be mutually beneficial.

Sports Clubs will report back to the University of Lincoln Students' Union Vice President Activities via BUCS reviews. A monthly meeting will be scheduled to discuss the development of the programme.

Monitoring of the programme

An SPOTS agreement form will be completed by the Sports Club/ individual and the assigned Sports Scientist 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 Sports Scientist 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 Sports Scientist must report this to the School of Sport and Exercise Science Senior Lecturer / Programme Leader as soon as is convenient.

Should a Sports Scientist 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.

The Sports Scientist should they have fulfilled their duties during term 1 as per their SPOTS Agreement Form will receive a bursary of £100 from the University of Lincoln Students' Union as well as a jacket or a hoody from Akuma (Sports Club approved kit supplier) from the University of Lincoln Students' Union.

Upon completion of the programme in term 2, 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.

The Sports Scientist should they have fulfilled their duties during term 2 as per their SPOTS Agreement Form will receive a bursary of £100 from the University of Lincoln Students' Union.

WF

October 2016

Organisation Name: University of Lincoln Student's Union/Sport and exercise science

Title of role: Science Practitioner of Team Sports (Spots)

Number of volunteer places available: 7+

Tasks

Plan and deliver weekly sport science specific activities with a select sports team. This could be filming weekly matches and providing match analysis feedback or running sport specific fitness sessions during the clubs training session.

Location: Sports centre

What kind of support/supervision will the volunteer receive?

The Volunteer will receive support directly from Sandy Willmott, a senior sports lecturer.

Personal qualities and requirements

Passion towards sport

Trustworthy and reliable

Flexible

Work-ready skills the volunteer will learn or develop

Effective communication;

- To be able to communicate effectively with the sports team so they understand the purpose of the exercise.

Organizational skills;

- Being able to plan and execute sessions effectively that benefit are beneficial to the sports team.

Networking;

- Connecting socially with the paired sports team.

Presentation skills;

- Being able to clearly execute a session.

Personal development;

- Each session will contribute to tangible hands on experience therefore aid personal development.

Innovation;

- Being able to come up with new ideas to keep the team focused and interested.

Public speaking;

- Being able to regularly lead and present in front of the paid sports team.

Availability

How often would volunteers be required and would this be at specific times?

This will occur once a week at a time agreed by both the team and sport scientist.

Who would this role be most suited to?

A student enrolled onto an undergraduate/postgraduate sports course.

Application process for volunteers

What are the steps from application to starting their volunteering?

Show interest on the SU volunteering website or informal chat/interview with someone from the Activities Department and sports science department.

Timescale from application to starting volunteering

1 month (ish)

When can students expect to hear back from you once they have been referred?

Once they have submitted an interest we will get in touch within the week.

Disclosure & Barring Service (DBS) required

Yes (recommended)