

Name:

Unit 3 – LAC

Task 2

Job analysis:

An apprentice sport scientist uses the principles of sport (like biomechanics for example) to enhance athletes' performance prevent injury and to help to aid recovery. As well as working with other sport scientist they will work with coaches and athletes to ensure that things like recovery plans and training sessions are tailored to meet the needs and the ability of the athletes. As a part of this job, you will also be required to conduct fitness test (to ensure the athlete is in good health) as well as analysing data. Sport scientist can work sport tea, a specific athlete or a research lab.

Job title: apprentice Sport scientist

Review employee job responsibilities:

To be successful within this job role you need to be able to fulfil the responsibilities that come with the job. These responsibilities will consist of collecting and analysing data mot of this data will come from fitness testing which you will need to analyse to consider the best steps to take to improve performance or aid recovery. Making/helping with designing training programs is another responsibility that is associated with this role this to ensure that the training programme is tailored to the needs and ability of the athletes. Another responsibility is conducting fitness test (like VO2 for example). This is to ensure that the athlete is in good health and to rule out any potential medical condition. Designing recover plan is another responsibility of a sport scientist apprentice. It is important that you can create an effective recovery plan to ensure that the athlete recovers at a steady pace. A final important responsibility is tracking athlete's workload this can help you make accurate recovery plans and training programmes.

Research similar industry positions:

-excersie physiologist- they study the human body's physiology during exercise. They use a range of different equipment to study this. Exercise physiologist also assesses the patient's fitness levels and makes plans to help better their health. [What does an exercise physiologist do? - CareerExplorer](#)

- Biomechanist- For this job role you need to analyse the movements within sport and help to prevent/minimise injury and improve performance it explains how and why the human body moves the way that it does. Biomechanics is further divided into Kinematics which study's the force system which acts on the body and the changes is body movement. [Biomechanics In Sport - Physiopedia](#)

Name:

-Kinesiologist- they study human movement. They draw knowledge from physiology, biomechanics, and knowledge of the human anatomy to help in the prevention and rehabilitation.

Identify necessary skills:

There are many necessary skills that are crucial to this role one of the necessary skills consist of having good knowledge of the human anatomy. Because this role draws knowledge from biomechanics as well as physiology to come up with effective solutions to improve athletic performance. The analysis and collection of data is another necessary skill as it will help you to create accurate and effective recovery plans or training programmes. Being able to work efficiently as a team is another skill as you need to work with other sport scientist as well as coaches, athletes and nutritionists to help get the best outcome for the athlete's performance. Having experience or being skilled in using technology/software is important as it is needed when collecting and analysing data. Another necessary skill is understanding nutrition and its impact on performance it will allow you to create/plan recovery plans or training session according to the needs and requirements of the athlete/team. A final necessary skill is the knowledge of different fitness test and how to conduct them. This crucial as it is important to ensure the health of the athlete.

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Salary range:

The salary range for an apprentice sports scientist or a degree apprentice can vary between 18,00 a year to 24,000 a year. This can depend on the location. If this particular sport club is in Londo for example they pay will be slightly higher.