

Name:

Unit 3 – LAC

Job title: sport scientist

Salary: 34,112 (this is the national average)

Type of employment: Full time

Job description

The purpose of this job is to help athletes recover and improve their performance. They do this by applying the principles of science to help them to come up with a suitable solution to help the athlete. They draw knowledge from biomechanics, psychology and nutrition to help them to come up with those suitable solutions. Sports scientists have the job to prevent injury, aid recovery, improve athletic importance and maintain or improve overall health. You will need to work with coaches, teams and individuals. A final problem solving a big part of this job is being able to find solutions and these solutions may not allow be as easy to find so it important that you can do this.

Key responsibilities:

The key responsibilities of this role consist of knowledge of nutrition and how it impacts performance this will help you to make effective recovery and training programmes for athletes. Knowledge of biomechanics is another thing that is also very important as it can help enhance performance. Another responsibility that comes with this role is designing training programs that fit the athlete/athletes' needs and abilities doing so they are able to improve their performance sat a steady rate allowing growth and development to occurs Injury prevention is also another responsibility as you need to do everything you con to prevent an athlete from becoming injured steps will be taken to prevent this. A final responsibility that comes with this rolled is using/being able tp use technology and software as it is important especially when analysing data.

General responsibilities:

The general responsibilities of this role consist of being able to conduct a range of different fitness testing as it is important to assess the health of the athlete. Being abe to work efficiently with other pope within the industry like nutrition's to ensure efficient communication between the different roles within the industry. Clear and effective communication is crucial in

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preventing any miscommunication between athlete and coaches. adaptability is another important responsibility as you need to be prepared when the unexpected happens.