



<p><b>Sport Science Conditioning Specialist</b></p>	<p>An Exercise Professional qualified in the context of sport performance and athletic conditioning that is able to provide advice, evaluation, assessment and testing for a range of conditioning programmes to apparently-healthy populations.</p> <p>Professional scope of practice (SOP) can include but is not limited to: evaluation of needs and goals, pre-participation screening, assessment and evaluation in the context of sport conditioning and sport preparedness, testing for a range of sport specific skills and or sport conditioning needs, programme design, instruction in safe and effective exercise and movement patterns for sport related outcomes.</p>
<p><b>Qualification</b></p>	<p>This is an advanced practitioner in the field of sport science who has a relevant industry specific undergraduate degree or diploma PLUS a post graduate degree specialising in Sport Science at minimum level 8 on the HEQSF.</p>
<p><b>Competency and scope of practice: The Sport Science Conditioning Specialist is at the forefront of their field, demonstrating a comprehensive understanding and ability to:</b></p>	
<p><b>Sport Science theory :</b></p>	
<p>1. Use theories, research methodologies, methods and techniques relevant to the academic discipline of sport science.</p>	
<p>2. Conduct comprehensive anatomical and biomechanical analyses of movement relating to sport and sport programmes.</p>	
<p>3. Use a range of scientific theory relating to physiological principles of sport performance.</p>	
<p>4. Problem solve in a range of sport science and sport contexts to inform sport practice.</p>	
<p>5. Interrogate options and choose from a multiple range of sources to inform sport practice.</p>	
<p><b>Application of Sport Science :</b></p>	
<p>1. Critically review data and evaluate information to develop sport programmes.</p>	
<p>2. Produce and communicate information relating to sport science and according to needs and goals of athletes.</p>	
<p>3. Design sport conditioning programmes based on current abilities, needs and goals of athletes.</p>	
<p>4. Supervise the provision of or provide a range of training sessions based on abilities, needs and goals of athletes and in accordance with a periodised plan.</p>	
<p><b>Assessment, evaluation and Testing :</b></p>	
<p>1. Use scientifically accepted theory, methods and procedures in familiar and unfamiliar sport contexts.</p>	
<p>2. Call upon a range of screening, assessment and testing tools based on current scientific principles</p>	
<p>3. Conduct comprehensive screening, assessment and testing using accepted sport scientific principles, techniques, methods and procedures.</p>	
<p>4. Conduct postural/movement/sport evaluations according to current scientific principles.</p>	
<p>5. Use outcomes of assessments, evaluations and tests to advise and to improve sport performance.</p>	
<p><b>Health and Safety:</b></p>	
<p>1. Provide safe and effective sport conditioning programmes according to exercise or sport modality</p>	
<p>2. Ensure the health &amp; safety of the exercise or sport environment</p>	
<p>3. Manage self and clients or athletes in a sport or exercise environment</p>	
<p>4. Maintain own environment and equipment according to safety requirements</p>	
<p>5. Ensure injury prevention measures</p>	
<p><b>Scope of practice:</b></p>	
<p>1. Ensure ethical practice, working within the professional scope of practice of sport science.</p>	
<p>2. Identify clients/athletes who are outside scope of practice and refer appropriately, working with</p>	



multi-disciplinary teams where relevant
3. Provide generic nutritional guidelines, working with dietician or sport nutritionist in the context of client/athlete needs and goals
<b>Leadership:</b>
1. Lead sport programmes and training sessions with the use of effective motivation and communication skills.
2. Motivate clients or athletes through agreed sport conditioning session/s
3. Conduct professional practice in a confident and professional manner
<b>Outside Scope of Practice</b>
<ul style="list-style-type: none"> <li>• Working in rehabilitation, providing therapeutic exercises</li> <li>• Working with acutely injured clients or members</li> <li>• Prescribing dietary intervention and supplementation</li> <li>• Working with clients that experience chronic pain</li> </ul>