



Academy Sports Science & Nutrition Intern (Voluntary) Job Description

Job details	
Job title:	Academy Sports Science & Nutrition Intern (Voluntary)
Location	Bristol Rovers Football Club, the Memorial Stadium
Hours:	TBC hours per week (flexibility and occasional additional or unsocial hours are a requisite of the role)
Responsible to:	Head of Academy Athletic Development
Team:	Academy Athletic Development
Job Purpose:	<p>Bristol Rovers are seeking hardworking, forward-thinking undergraduate or postgraduate students to join Academy Sports Science/Strength & Conditioning & Nutrition department for the 2026/27 season.</p> <p>This placement provides an opportunity to gain hands-on experience within an academy environment, supporting the physical development of players across the Foundation Phase (FP) and Youth Development Phase (YDP) & Professional Development Phase (PDP).</p> <p>The role will involve assisting in both gym-based and pitch-based delivery, alongside supporting monitoring, testing, and long-term athlete development processes.</p> <p>Working closely with the Head of Academy Athletic Development to ensure that the Academy Performance Plan is being adhered to.</p>

PRINCIPLE ROLE AND RESPONSIBILITIES

1.	Assist and help lead pitch-based and gym-based S&C sessions
2.	Support the delivery of long-term athlete development programs
3.	Assist with physical testing (gym & pitch-based)
4.	Support academy nutrition practices and education
5.	Support growth and maturation monitoring of academy players
6.	Assist with wellness, readiness, and performance data collection



7.	Support GPS data collection and basic analysis
8.	Contribute to a high-performance environment within the academy
9.	Work collaboratively within a multi-disciplinary team

Person Specification

Education, Experience and Knowledge		Essential	Desirable
1.	Currently studying a BSc in Sports Science, Nutrition, Strength & Conditioning, or related discipline	✓	
2.	Deliver one nutrition education presentation per month to academy players and/or parents. Confident delivering nutrition presentations and education sessions	✓	
3.	Support the nutritional provision and education of U18 players	✓	
4.	Ability to assist and deliver: Pitch-based sessions and testing Gym-based S&C sessions	✓	
5.	Knowledge of Foundation Phase (FP)/Youth Development Phase (YDP) & Professional Development Phase (PDP).	✓	
6.	Understanding of Long-Term Athlete Development (LTAD)	✓	
7.	Available to work evenings (Monday, Tuesday & Thursday)	✓	
8.	Available for occasional weekend matchdays	✓	
9.	Access to own car / reliable transport	✓	
10.	Full DBS (or willingness to obtain)	✓	
11.	Currently studying or completed an MSc in Sports Science, Nutrition or S&C (or related field)		✓
12.	Experience in football or youth athlete development environments		✓
13.	Knowledge of GPS, athlete monitoring, and testing systems		✓
14.	Experience delivering nutrition education		✓
15.	Interest in pursuing a career in elite football / academy sport science		✓



Skills, Abilities & Experience		Essential	Desirable
16.	Computer skills (Word/ Excel/ Access).	✓	
17.	High levels of communication skills, both orally and written.	✓	
Personal Attributes/Values		Essential	Desirable
18.	Personable and enthusiastic with a strong work ethic	✓	
19.	Sensitive to the needs of young players and parents/guardians	✓	
20.	Desire to be an ambassador for BRFC in public role	✓	
21.	Willingness to work weekends and evenings	✓	

Safeguarding Statement

Safeguarding Statement Bristol Rovers FC Football Club is committed to safeguarding the welfare of children and young people and expects all staff and Volunteers to endorse this commitment. This post requires an Enhanced Disclosure and Barring Service Check (DBS) as such it is exempt from Rehabilitation of Offenders Act (1974). Therefore, all convictions including spent convictions that have not been subject to filtering by the DBS should be declared". Relevant information and / or documents will be distributed as part of the recruitment process.

Equality, Diversity and Inclusion

Equality, Diversity and Inclusion Bristol Rovers FC Football Club's commitment to Equality, Diversity and Inclusion is to confront and eliminate discrimination whether by reason of age, gender, gender reassignment, sexual orientation, marital status or civil partnership race, nationality, ethnicity (race), religion or belief, ability or disability, pregnancy or maternity and to encourage equal opportunities (Protected Characteristics, Equality Act 2010). Employees of Bristol Rovers FC Football Club must ensure a positive commitment towards equality, diversity and inclusion by treating others fairly and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relationships between all internal and external stakeholders.

How to Apply

Please send a CV, complete the attached [Employment Application Form](#) and send it to recruitment@bristolrovers.co.uk

Applicants are encouraged to apply early.