



JOB DESCRIPTION

Job Title:	Strength and conditioning (S&C)	Division/Department:	Sports Sciences and Medicine
Grade:	Executive	Reports to:	Head of Sports Science & Medicine

Job Purpose	To enhance athletic performance through structured physical preparation, focusing on strength, speed, endurance, and injury prevention, in line with BAM's commitment to developing world-class badminton athletes.
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Job Description and Responsibilities:

1. Design and Implement Performance Programs

Develop structured, badminton-specific strength and conditioning programs to enhance athletes' speed, strength, endurance, and mobility. These programs should be periodized according to the competition calendar and individual players' needs, ensuring alignment with BAM's high-performance goals and regulatory requirements.

2. Monitor and Evaluate Athlete Performance

Observe athletes during training and matches to assess movement quality, physical output, and readiness. Conduct regular evaluations to track progress, identify weaknesses or imbalances, and make evidence-based adjustments to training programs.

3. Maintain Accurate Athlete Performance Records

Keep detailed documentation of each athlete's testing data, training loads, physical development, and any injury concerns. This information should be updated regularly and shared with coaches, physiotherapists, and sports medicine personnel to support coordinated care and performance planning.

4. Conduct Baseline and Ongoing Testing

Design and perform standardised testing protocols to measure fitness indicators such as strength, power, speed, agility, mobility, and recovery. Use the data to tailor training interventions and track improvements over time, ensuring each athlete is progressing toward peak physical condition.

5. Promote Injury Prevention Strategies

Implement injury prevention programs, dynamic warm-ups, cooldowns, and recovery strategies suited for high-performance badminton. Work closely with physiotherapists and medical staff to support athletes recovering from injury, ensuring a safe and effective return-to-play.

6. Equipment & Inventory Management

Ensure all gym and training equipment (e.g., weights, resistance bands, testing tools) are functional, clean, and stored appropriately. Maintain an updated inventory, highlight low-stock or damaged items, and submit requisition requests. Ensure necessary equipment is prepared for travel during tournaments or training camps.

7. Professional Conduct & Boundaries

Maintain a high standard of professionalism, confidentiality, and ethical conduct in all interactions with athletes and staff. Respect personal boundaries when working in one-on-one settings, especially during physical assessments or treatments. Follow BAM's code of conduct and safeguarding policies at all times.



Other Responsibilities:

- Maintain the cleanliness, organisation, and safety of the strength and conditioning training areas, including gym equipment, testing stations, and recovery zones.
- Support the preparation of departmental documents, reports, and performance reviews as required by the Head of Sports Science or Director of Coaching.
- Participate in departmental meetings, interdisciplinary briefings, and internal planning sessions to align performance strategies with coaching and medical teams.
- Contribute to workshops, seminars, or education sessions for athletes and staff on topics such as injury prevention, mobility, conditioning principles, and recovery.
- Provide support for BAM-wide engagements, including Council Meetings, Annual General Meetings (AGMs), briefings, and other administrative events when assigned.
- Ensure all strength and conditioning equipment is accounted for, regularly serviced, and ready for use in both in-house training and travel scenarios.
- Undertake any additional tasks or assignments as directed by the **Head of Sports Science & Sports Medicine**, Director of Coaching, or BAM management, in line with the evolving needs of the athletes and the Association.