



# LEYTON ORIENT FC



## SPORT SCIENCE WORK PLACEMENT

<b>Job Title</b>	Sport Science Work Placement Student
<b>Employer</b>	Leyton Orient Football Club
<b>Locations</b>	Old Chigwellians Clubhouse (IG7 6BE) & Ive Farm Sports Ground (E10 5TQ)
<b>Working Pattern</b>	Up to 28 Hours per week • Required to work mobile, outside of normal hours, evenings, weekends, and bank/public holidays. <u>Placement Date:</u> 29 <sup>th</sup> June 2026 – 27 <sup>th</sup> May 2027
<b>Salary</b>	Unpaid ( <i>See below for additional benefits</i> )
<b>Responsible to</b>	Head of Physical Performance Head of Academy Physical Development
<b>Closing Date</b>	Sunday 22 <sup>nd</sup> February 2026

## MAIN DUTIES & RESPONSIBILITIES

<b>Role Overview</b>	Support on the planning, delivery, and review of an individualised and holistic physical development program across the First Team and Academy, aligning closely with the department frameworks to aid the MDT decision-making processes.
<b>Key Responsibilities</b>	<ul style="list-style-type: none"><li>• Lead and support where necessary with the planning, delivery, and review of on-pitch and gym-based physical development support.</li><li>• Lead and support where necessary with the planning, delivery, and review of rehabilitation/ Return to Play processes in collaboration with the medical team.</li><li>• Lead and support where necessary with the planning, collection, analysis, and reporting of physical profiling (including performance and growth &amp; maturation measurements).</li><li>• Lead and support where necessary with the collection, analysis, and reporting of training load monitoring (including workload, growth &amp; maturation, and well-being, in line with the department framework)</li><li>• Lead and support where necessary with the planning and delivery of coach, parent, and player educational workshops/infographics across the First Team and Academy.</li><li>• Support the sport science supervision &amp; preparation on matchdays (including nutrition, GPS, additional conditioning sessions).</li></ul>

## OTHER OPPORTUNITIES & BENEFITS

- Regular 1-to-1's and support towards individual career development.
- Regular in-house and external CPD & visit opportunities.
- Educational benefits on VALD equipment, GPS, PowerBi, Flywheel, and other equipment/technologies.
- Meals provided at the training ground.



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## PERSON SPECIFICATION

<b>Required:</b>	<ul style="list-style-type: none"><li>Studying <b>towards</b> an undergraduate (BSc) <b>or</b> postgraduate (MSc) degree in Sports Science/equivalent degree.</li><li>Passionate about the long-term athletic development of athletes.</li><li>Knowledge of the physical demands and constraints in football.</li><li>Basic knowledge and competency of Microsoft Excel.</li></ul>
<b>Desired:</b>	<ul style="list-style-type: none"><li>Experience of delivering sport science supervision to athletes.</li><li>Data visualisation/display skillset.</li><li>Knowledge of VALD systems.</li><li>Knowledge of Catapult/other GPS monitoring systems.</li></ul>

## OTHER INFORMATION

<b>Safeguarding</b>	To have due regard for safeguarding and promoting the welfare of children, staff and young people and to follow the child protection procedures adopted by the FA and the club.
<b>General Information</b>	<p>The employee must always carry out their duties with due regard to the Leyton Orient Football Club policies and procedures. The employee must ensure a positive commitment towards equality and diversity 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.</p> <p>Leyton Orient Football Club is committed to the principle of equal opportunity in employment and its employment policies for recruitment, selection, training, development and promotion are designed to ensure that no job applicant or employee receives less favourable treatment on the grounds of age, disability, gender reassignment, race, religion or belief, sex, sexual orientation, marriage or civil partnership, pregnancy or maternity.</p>

## APPLICATION PROCESS

1. Apply to the role through the following link on iRecruit.
2. References will be sought prior to successful employment, following the interview process.