

STRENGTH AND CONDITIONING PRACTITIONER

Unit	Sports Science	Area:	Strength & Conditioning
Department/Agency	The NSW Institute of Sport	ANZSCO code	452317
Classification/band	NSWIS Grade 3, Level 1	PCAT Code	3119192
Reports to	Section Lead, Strength & Conditioning	Date of Approval	28 January 2026

ORGANISATIONAL OVERVIEW

The NSW Institute of Sport [NSWIS] is a high performance sporting organisation that supports Australian athletes to become world's best. We reach all regions of NSW with an Olympic and Paralympic training facility based at Sydney Olympic Park and high performance hubs across NSW that provide world class daily training environments for our athletes and coaches. Our experts work in collaboration with partners within the national sporting system to create and deliver high performance support services and environments to prepare athletes and coaches for international competition.

ROLE PURPOSE

The Strength and Conditioning Practitioner is primarily responsible to lead allocated sport(s) on the design, implementation and delivery of world class strength and conditioning programs that optimise the achievement of performance outcomes. This position will deliver technical expertise, services and support to athletes and coaches as part of an interdisciplinary team, ensuring continuous development in line with the achievement of the performance outcomes for each sport program and/or athlete.

KEY PERFORMANCE AREAS

- Design and implement high quality and specialised strength and conditioning programs in partnership with sport coaches and other sport science team members. These programs will include, but not limited to, strength and power enhancement, speed enhancement, agility and movement skills refinement, endurance capacity increases, injury prevention/rehabilitation and monitoring in the daily training environment, camps, and competition.
- Collaborate to ensure high level rehabilitation programming, delivery, and development.
- Contribute to a culture of continuous improvement by constructively challenging coaches to develop appropriate strategies to achieve objectives of continued athlete development and performance.
- Facilitate conflict resolution and management of issues impacting on athlete performance while proactively contributing to performance teams through individual accountability, sharing information, involving team members in decisions, and demonstrating commitment to the team.
- Establish and maintain effective partnerships with key internal and external stakeholders to deliver high quality outcomes and assist in the delivery of quality advice and reporting on relevant issues to senior management.
- Design and deliver high quality educational resources for internal and external clients.
- Assist in the delivery of quality advice and reporting on relevant issues to senior management.
- Support in areas of facility management and developing/mentoring the coaching and sport science team.

KEY CHALLENGES

- Ability to think strategically about allocated sport(s) programs and develop programmes accordingly considering analysis and interpretation of various athlete assessments and injury history.

- Develop a learning environment that enables coaches and athletes to gain insights through physical and performance variables which assess training program effectiveness, informs program design and competition strategies, and contributes to a multi-disciplinary approach to athlete/event profiling.
- Support and/or establish quality data capture, analysis, and reporting processes to enable longitudinal tracking of athlete progression against international benchmarks.

KEY RELATIONSHIPS

Who	Why
Section Lead, Strength and Conditioning	To support delivery of NSWIS Strength and Conditioning services
Athletes	To support individual athlete performance planning and implementation
Coaches	To support the delivery of a high-performance sport program
Sports Science team	To support an integrated performance approach and collaboratively prepare world's best athletes
NSWIS staff & managers	To connect individual, team, and program performance delivery of national and NSWIS daily training environments.
NSWIS partners	To enhance collaboration within the national system.

ROLE DIMENSIONS

Budget	Nil
Authority/approval level	Nil
Reporting roles	HDR Students Student Interns






ROLE REQUIREMENTS

Experience	Knowledge
<ul style="list-style-type: none"> ▪ 3+ years' experience in successful strength and conditioning program design and practical implementation for high performance and elite level athletes ▪ Demonstrated extensive experience in working in a performance environment encompassing project and research work ▪ Proven success working with coaches, athletes, and other service providers across multiple sports ▪ Demonstrated record of providing leadership and coordination to achieve high personal and team performance, and meet organisational and strategic objectives ▪ Work collaboratively as part of a high performing team/organisation, establishing and maintaining effective partnerships with key internal and/or external 	<ul style="list-style-type: none"> ▪ Highly competent in applying the principals of long-term athletic development in programming and planning ▪ Highly competent in a practical setting to coach individual and groups of athletes ▪ Highly developed communication skills (including interpersonal, negotiation, influencing and representation) and a proven ability to build and maintain effective relationships both internally and externally with a diverse range of stakeholders ▪ Intermediate/Advanced knowledge of MS Office and other sports specific computer programs (Visual Coaching Pro & Smartabase desirable)

<p>stakeholders to lead and deliver high quality business outcomes</p> <ul style="list-style-type: none"> ▪ Proven ability to analyse, interpret, summarise, and communicate relevant data/results including strength and conditioning reports to athletes and coaches for improved performance and influencing athletic training programs ▪ Demonstrated technical expertise in the maintenance, technical operation and related procedures/protocols of sport science equipment and facilities 	
Essential	Desirable
<ul style="list-style-type: none"> ▪ Minimum 3+ years fulltime experience in conditioning and physical preparation program design and practical implementation for elite athletes ▪ Undergraduate degree in Exercise, Health, Sport Science, or related field ▪ Postgraduate degree in Exercise, Health, Sport Science, Coaching or related field ▪ ASCA Level 2 or international equivalent ▪ ASCA PCAS Pro or international equivalent ▪ Sport Integrity Australia (SIA) Anti-doping Fundamentals and Annual Update ▪ Valid NSW Driver's License ▪ Current NSW Working with Children Check (WWCC) ▪ First Aid and CPR Certificate 	<ul style="list-style-type: none"> ▪ SIA (PBTR) Child Protection and Safeguarding

CAPABILITY SUMMARY

The NSW Public Sector Capability Framework applies to all NSW public sector employees. The Capability Framework is available at www.psc.nsw.gov.au/capabilityframework. Below is the full list of capabilities and the level required for this role. The capabilities in bold are the focus capabilities for this role. Refer to the next section for further information about the focus capabilities.

Capability Group	Capability Name	Level
	Display Resilience and Courage	Adept
	Act with Integrity	Intermediate
	Manage Self	Intermediate
	Value Diversity	Intermediate
	Communicate Effectively	Adept
	Commit to Customer Service	Adept
	Work Collaboratively	Adept
	Influence and Negotiate	Adept
	Deliver Results	Adept
	Plan and Prioritise	Intermediate
	Think and Solve Problems	Adept
	Demonstrate Accountability	Intermediate
	Finance	Foundational
	Technology	Foundational
	Procurement and Contract Management	Foundational
	Project Management	Foundational
	Manage and Develop People	Intermediate
	Inspire Direction and Purpose	Intermediate
	Optimise Business Outcomes	Foundational
	Manage Reform and Change	Foundational

FOCUS CAPABILITIES

The focus capabilities for the role are the capabilities in which occupants must demonstrate immediate competence. The behavioural indicators provide examples of the types of behaviours that would be expected at that level and should be reviewed in conjunction with the role's key accountabilities.

Group and Capability	Level	Behavioural Indicators
Personal Attributes Display resilience & courage	Adept	<ul style="list-style-type: none"> Be flexible, show initiative and respond quickly when situations change Give frank and honest feedback/advice Listen when ideas are challenged, seek to understand the nature of the criticism, and respond appropriately Raise and work through challenging issues and seek alternatives Remain composed and calm under pressure and in challenging situations
Relationships Communicate effectively	Adept	<ul style="list-style-type: none"> Tailor communication to the audience Clearly explain complex concepts and arguments to individuals and groups Create opportunities for others to be heard, listen attentively, and encourage them to express their views Share information across teams and units to enable informed decision making Write fluently in plain English and in a range of styles and formats Use contemporary communication channels to share information, engage and interact with diverse audiences
Relationships Commit to customer service	Adept	<ul style="list-style-type: none"> Take responsibility for delivering high quality customer-focused services Design processes and policies based on the customer's point of view and needs Understand and measure what is important to customers Use data and information to monitor and improve customer service delivery Find opportunities to co-operate with internal and external parties to improve outcomes for customers

Group and Capability	Level	Behavioural Indicators
Relationships Work collaboratively	Adept	<ul style="list-style-type: none"> ■ Maintain relationships with key customers in area of expertise ■ Connect and collaborate with relevant stakeholders within the community
		<ul style="list-style-type: none"> ■ Encourage a culture of recognising the value of collaboration ■ Build co-operation and overcome barriers to information sharing and communication across teams/units ■ Share lessons learned across teams/units ■ Identify opportunities to work collaboratively with other teams/units to solve issues and develop better processes and approaches to work ■ Actively use collaboration tools, including digital technologies, to engage diverse audiences in solving problems and improving services
Relationships Influence & negotiate	Adept	<ul style="list-style-type: none"> ■ Negotiate from an informed and credible position ■ Lead and facilitate productive discussions with staff and stakeholders ■ Encourage others to talk, share and debate ideas to achieve a consensus ■ Recognise diverse perspectives and the need for compromise in negotiating mutually agreed outcomes ■ Influence others with a fair and considered approach and sound arguments ■ Show sensitivity and understanding in resolving conflicts and differences ■ Manage challenging relations with internal and external stakeholders ■ Anticipate and minimise conflict
Results Deliver results	Adept	<ul style="list-style-type: none"> ■ Make sure team/unit staff understand expected goals and acknowledge success ■ Identify resource needs and ensure goals are achieved within budget and deadlines ■ Use business data to evaluate outcomes and inform continuous improvement ■ Identify priorities that need to change and ensure the allocation of resources meets new business needs ■ Ensure financial implications of changed priorities are explicit and budgeted for ■ Use own expertise and seek others' expertise to achieve work outcomes
Results Think & solve problems	Adept	<ul style="list-style-type: none"> ■ Research and apply critical-thinking techniques in analysing information, identify interrelationships and make recommendations based on relevant evidence ■ Anticipate, identify, and address issues and potential problems that may have an impact on organisational objectives and the user experience ■ Apply creative-thinking techniques to generate new ideas and options to address issues and improve the user experience ■ Seek contributions and ideas from people with diverse backgrounds and experience ■ Participate in and contribute to team/unit initiatives to resolve common issues or barriers to effectiveness ■ Identify and share business process improvements to enhance effectiveness