



## Team Derby Sport Psychology Service Specification

### **About Us**

As a Top 50 sporting institution, The University of Derby is a hub for talented athletes. We are proud to be a part of the TASS network and support student-athletes in their dual career pathway. The University of Derby is committed to supporting student-athletes in both their academic and sporting ambitions, driven by an athlete centred approach. Our athletes can access an impressive package of support tailored towards their needs, delivered by our experienced and qualified multi-disciplinary team (MDT). Our Performance Programme is made up of 7 x Performance Teams, 4 x Development Teams, 50 + Scholars and 5 x TASS athletes.

### **Description**

The University of Derby's performance sport department are seeking a Sport and Exercise Psychology Practitioner who is currently enrolled on BASES SEPAR, to support the delivery of our talented athlete services provision for the 2021/22 academic year. The successful candidate will be responsible for the delivery of a bespoke evidence-based support ensuring a psychological informed environment that enables sustainable high performance and positive well-being. They will complete psychological profiling at individual and team levels for the purpose of providing targeted interventions, and work alongside Dr Philip Clarke, Sport, Exercise and Performance Psychology Lead.

The role is offered on a self-employed basis, invoiced on a monthly basis. The successful applicant will be expected to operate alongside Team Derby staff and within the Universities code of conduct practices including Health and Safety, Equality and Diversity and Financial Regulations as well as General Data Protection Regulation requirements.

**Location:** Primarily based at University of Derby Sport Centre, with some remote working.

**Contract type:** 1-year fixed term contract (Consultancy/Self-Employed)

**Salary:** £10.25ph, maximum 7.5hrs per week, contract value £4,000

### **Service Requirements**

1. Delivery of a detailed and accurate psychological profile for approximately 20 individual and 7 team levels to be completed by the end of term 1
2. Design and deliver 5 x 1hr group-based psychological interventions and workshops, to be delivered during term time of academic year 2021-22. Dates to be agreed with MDT.
3. Deliver 2 x individual psychological interventions per athlete for approx. 20 scholarship student-athletes. To be delivered during term time of academic year 2021-22.
4. Schedule and deliver ad hoc sessions requested by athletes within agreed weekly hours
5. Provide monthly reports on sessions delivered to Psychology Lead by 1<sup>st</sup> of each month on agreed KPIs (to be confirmed at start of contract).
6. Oversee postgraduate and undergraduate interns and report activity to Psychology Lead
7. Attend MDT meetings once per month to report on progress
8. Ensure all communications (through email and Microsoft Teams) from athletes and staff are responded to within 5 working days

## Selection Criteria

Applicants must be able to display and provide evidence of the following qualifications/training, experience, knowledge, skills/abilities, and behaviours outlined below. Initial shortlisting will take place based on the essential criteria listed against Qualifications, Experience and Circumstances. It is the applicant's responsibility to demonstrate clearly on a cover letter and CV, how they meet the criteria as advertised for this post. The desirable criteria are preferred but not essential, however we reserve the right to apply some or all the desirable criteria listed below to facilitate shortlisting.

<b>Qualifications</b>	<p>Essential</p> <ul style="list-style-type: none"> <li>• A postgraduate qualification to PhD or master's level in an applied psychology discipline</li> <li>• To be enrolled on BASES SEPAR programme</li> </ul> <p>Desirable</p> <ul style="list-style-type: none"> <li>• Attended Mental Health First Aid Training</li> </ul>
<b>Experience</b>	<p>Essential</p> <ul style="list-style-type: none"> <li>• Experience of psychological profiling within a team environment</li> <li>• Experience working with a range of athletes (15 – 35yrs)</li> <li>• Experience of working independently</li> <li>• Experience of delivery through a range of methods – one to one, group, face to face or through webinars.</li> </ul> <p>Desirable</p> <ul style="list-style-type: none"> <li>• Experience of mentoring and/or supervising others</li> <li>• Experience of working with student athletes</li> <li>• Experience working with a Multi-Disciplinary Team</li> <li>• Experience of working across multiple sports</li> <li>• Experience of working and delivering online</li> <li>• Experience of putting group interventions together</li> </ul>
<b>Skills &amp; Abilities</b>	<p>Essential</p> <ul style="list-style-type: none"> <li>• Time management</li> <li>• Effective communication with a range of different stakeholders (e.g., athletes, coaches, support staff, discipline leads)</li> <li>• Monitoring and Evaluation</li> <li>• Reporting</li> </ul> <p>Desirable</p> <ul style="list-style-type: none"> <li>• Experience leading a team</li> </ul>
<b>Working Hours</b>	<p>Essential</p> <ul style="list-style-type: none"> <li>• 7.5 hrs per week (across a working week: Monday – Friday)</li> <li>• Ability to be flexible with working hours to accommodate performance team schedules</li> <li>• Ability to work unsociable hours including evenings on a regular basis</li> </ul>

## How to apply

Please email your CV and cover letter detailing how you meet the requirements of the service specification to Dr Phil Clarke, [p.clarke@derby.ac.uk](mailto:p.clarke@derby.ac.uk). Applications must be submitted by 7<sup>th</sup> September 2021, with proposed interview date 9<sup>th</sup> September 2021 with potential start date 13<sup>th</sup> September 2021.