



JOB DESCRIPTION & RESPONSIBILITY STATEMENT

POSITION TITLE: Sports Scientist

LOCATION: Munster Rugby High-Performance Centre, Limerick

CONTRACT LENGTH: 2 years

ROLE AND PURPOSE OF POSITION:

To lead the collection, analysis and application of sports science data to optimise player availability, physical performance and recovery while minimising injury risk. The Sports Scientist will provide evidence-based insights that support coaches, medical staff and performance practitioners in daily decision-making across the professional and academy programmes.

The role requires a highly collaborative practitioner capable of translating complex data into simple, actionable recommendations that improve team performance.

REPORTING RELATIONSHIPS:

Operational: Head of Athletic Performance, Munster.

Functional: CEO Munster Rugby.

WORKING RELATIONSHIPS (in addition to the above)

- Head Coach, Munster.
- Provincial Athletic Performance Staff.
- Provincial Coaching Staff & Team Management.
- Provincial Physiotherapy and Medical Departments.
- Provincial Office Staff.
- IRFU Athletic Performance Department.

KEY QUALITIES:

Essential:

- Excellent working knowledge of relevant technology and the relevant processing and reporting systems.
- Highly organised and efficient in delivering accurate and well-presented GPS training and game reports.
- Ability to understand and interpret training and playing load management strategies.
- A recognised Degree or Higher Diploma in one of the following: physical education, human movement, sports science.
- Excellent Computer literacy skills.
- Ability to interpret, communicate and influence effectively (in written, oral or presentation formats) scientific information and draw strong practical applications for the Athletic Performance department.

RESPONSIBILITIES:

- Produce reports in a timely and well-presented manner according to the requirements of the game model and direction of the coaching staff and athletic performance staff. This includes rugby performance, athletic performance and monitoring data collection and reporting.

Provide recommendations to coaching staff and athletic performance staff on training load, recovery and player readiness.

- Deliver presentations and written reports where required to the coaching staff and athletic performance staff to enhance scientific knowledge and draw strong practical applications.
- Ensure the up-keep of all technology associated with the reporting and research processes and arrange for repair where required.
- Ensure the accuracy and up-keep of training and game data on the relevant management systems.
- Use initiative, insight and knowledge in science, fatigue and training load management to continue to strive to improve the monitoring, recovery and training impact.
- Assist in the delivery and monitoring of the athletic performance programme.
- Assist in aspects of pitch training preparation and support such as assigning GPS units, running water on the field and recording the training time.
- Lead applied research and innovation projects.
- Carry out any other duties that may be assigned from time to time.

The above statements are intended to describe the general nature and level of work required from this position. They are not intended to be an exhaustive list of all responsibilities and activities required. The holder of this position is required to respond with a flexible approach when tasks arise which are not specifically covered in this job description.

PERFORMANCE MEASURES:

- Maintain effective relationships with various staff within the provincial and IRFU athletic performance departments.
- Carry out duties and responsibilities above to an effective and efficient standard
- Establish excellent work practices.
- Make effective and informed decisions in relation to the role and the department.
- Portray a competent and professional image of Munster Rugby and the IRFU on behalf of the province and the Fitness department.
- Achieve set KPI's.

KEY PERFORMANCE INDICATORS

NB: The following KPI's are general. Specific targets will be set for your role. Meeting will include an appraisal and review of the attainment of the KPI's set at previous meetings. An end of year review will also take place where the duties and responsibilities will be fully appraised.

- Operate an individualised periodised approach to players' strength and power programming and establish targets for each player.
- Demonstrate progressive improvements to each players' performance profile with reference to the performance standards agreed and set out in the performance manual.
- Uphold the highest standard of preparedness and organisation in the delivery of strength and power programmes.