

## JOB DESCRIPTION

<b>JOB TITLE</b>	Sports Psychologist (British Shooting – Rifle & Pistol)
<b>SALARY</b>	£39,571 pro-rata
<b>GRADE</b>	F
<b>HOURS</b>	0.5 FTE (115 delivery days per year)
<b>LOCATION</b>	Flexible – any UKSI site with attendance at domestic training camps and international competitions

### ROLE SUMMARY

Deliver psychology support to the British Shooting Rifle & Pistol athletes on the Olympic and Paralympic World Class Programme (WCP). Enhance an athlete's health, skill, and performance by assessing, planning and monitoring the delivery of sport psychology support to athletes, coaches, and the performance support team in training and competition environments. Work collaboratively with coaches, medical team and the wider performance support team to develop healthy and adaptable athletes who can perform under pressure. Contribute to the development of healthy and adaptable athletes by contributing to both the sport's Mental Health strategy and the positive evolution of culture. In the UK, our camps are at Wigan, Wolverhampton and Woking. The total travel time required in this role will be ~75 days per year across UK camps and international competitions

### KEY RESPONSIBILITIES

- Lead on the assessment of psychological needs, delivery and monitoring of support across a variety of learning modalities, and within training and competition settings.
- Work with coaches, to contribute to athlete support pod performance planning & individual athlete plans
- Drive sport specific psychological intelligence through informing performance processes and creating educational guides and resources.
- Advise coaches on the implementation of periodized psychological development into performance plans and training sessions.
- Collaborate with Performance Lifestyle on psycho-social approaches to development across WCP.
- Domestic and International travel to support camps and competitions as agreed .
- Contribute to the development & delivery of psychological informed processes & systems
- Contribute to the sport's performing under pressure project, which is a key strategic focus, by designing and developing pressure training and individual athlete case formulations
- Contribute to the development & delivery of sport psychology & mental health strategy / policies
- Support the development and implementation of the sports mental health strategy, this may include screening and assessment, co-ordinating clinical referrals and implementing care plans..
- Create and promote continuous opportunity for athletes and staff to feed into cultural development
- Contribute to and facilitate learning across the UKSI high-performance community through collaboration and the sharing of knowledge, experience, and expertise
- Connect with the psychology team on UKSI psychology delivery model, principles, products.

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### ROLE DIMENSIONS

#### REPORTS TO DIRECT REPORTS BUDGET ACCOUNTABILITY

Head of Performance Support (British Shooting)  
 N/a  
 N/a

### KEY RELATIONSHIPS

- WCP athletes
- Performance Support Team members
- Head of Performance Support
- Chief Medical Office/Doctor
- UKSI Psychology team members

- WCP coaches
- Mental Health Panel members and/or Mental Health Advisor
- Performance Director
- UKSI Tech Lead

### PERSON SPECIFICATION

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
<b>Qualifications</b>		
Registered with the Health & Care Professions Council (Psychology)	Essential	Sight of certificates
Sports Psychology MSc or PHD or equivalent	Desirable	Sight of certificate
<b>Experience</b>		
Design, delivery and monitoring of impactful and bespoke sport psychology support to international standard athletes, teams, and coaches through a variety of learning modalities.	Essential	Application / Interview
Assessing the psychological opportunities for performance impact in an athlete's or team's performance as part of a performance support team.	Essential	Application / Interview
Contribution to Mental Health strategy/ies including engagement with clinical practitioners and screening protocols.	Desirable	Application / Interview
Contribution to the development of values-driven processes within a national team or WCP environment.	Desirable	Application / Interview
<b>Knowledge and Skills</b>		
A working method/approach to sport psychology delivery	Essential	Interview

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Individual and team case formulation with the ability to engage the performance support team, particularly coaches, in the development and application of formulation to performance	Essential	Interview
Ability to work independently, prioritise workload and balance conflicting demands, particularly in a decentralised, camp-based environment	Essential	Interview
Effective problem solving and decision-making skills with an ability to deal with uncertainty by identifying goals and developing a plan to move forwards.	Essential	Interview
Skilled in building and maintaining productive relationships with colleagues and stakeholders	Essential	Interview
Excellent interpersonal and communication skills.	Essential	Interview
A specialist area of interest within applied sport psychology, in particular knowledge of acceptance and commitment therapy and/or performing under pressure (pressure training)	Desirable	Interview
Strong sense of self and an awareness of personal and professional strengths	Desirable	Interview
May be required to work with athletes under 18 (DBS check required)	Yes	

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All UKSI practitioners are expected to engage with and support training and professional development in anti-doping, i.e., Introduction to Clean Sport, safeguarding and GDPR. Practitioners are also expected to adhere to all UKSI policies and procedures and show commitment to promoting and supporting equality, diversity, and safeguarding within sport.

**END OF JOB DESCRIPTION**