Institute of Technology Carlow Graduate Internship Programme

Sport Science
Internship Specification

Ref: 60/19

The Institute is offering internships with the Sports Science Department to IT Carlow students who have successfully completed all of the course work for a relevant Honours Degree. The internship is for a period of six months beginning September 2018. An internship provides a valuable opportunity for students to boost their career prospects and for the Institute to benefit from the application of their knowledge and skills to a position within the Institute.

Benefits include a monthly salary of €1,600 public sector transport costs for official business, and access to staff facilities gym library, canteen etc.).

Boost your Career Prospects

This internship provides an opportunity for a Sport Science graduate to gain valuable experience bridging the gap between study and work. He/she will be in a position to develop his/her sport science skills and knowledge base in a workplace setting under the full support and guidance of a sport science mentor/s. In addition the intern will be able to apply their knowledge in a real work environment, gain networking opportunities and build his/her confidence, thus enhancing his/her sport science career prospects.

The range of duties assigned to the Sport Science intern may vary greatly but the following indicate some of the principal supervised duties and responsibilities:

- Liaise with Sport Rehabilitation and Athletic Therapy intern regarding the implementation of the Institute Progressive Rehabilitation Performance (PRP) programme
- Develop an understanding of research practices through assisting with current undergraduate and post-graduate research projects
- Develop a Sport Science Support Programme for college athletes, liaising with the Barrow Centre and college sports teams to identify needs and requirements
- Implement and manage the Sport Science Support Programme, offering laboratory and field based testing, data analysis and report.
- Maintain equipment used through the Sport Science Support Programme.
- Provide Sport Science and Strength & Conditioning evidence based best practice to IT Carlow coaching personnel
- Maintain working environment (laboratory or field setting) to ensure effective work practice
- Be involved in the development of best work practice techniques.

Paula Rankin, Head of Department, Department of Science and Health or nominated person will act as mentor for this internship.
Candidate Requirements

- Applicants must be a Level 8 or 9 IT Carlow Graduate from the years 2017, 2018 or a final year student in 2019.
- Minimum requirement is a 2.2 in a Level 8 honours degree appropriate to the internship.
  
  *Applications can be submitted prior to receiving your final results but offer of an internship will not be made until your results are available.*
- Hold Professional Liability Insurance
- Excellent interpersonal, communications and presentation skills
- Professional in manner
- Enthusiasm and motivation
- Good organisational and time management skills
- Good IT Skills
- The suitable candidate would be required to work some evenings and weekends.

Application Procedure

Should you wish to apply for the Internships, please complete the Institute’s Internship 2019 Application form which can be downloaded from the Institute’s website www.itcarlow.ie/graduateopportunities and return it to the Human Resource, Institute of Technology Carlow, Kilkenny Road Carlow (email humanresources@itcarlow.ie) by 12 Noon Friday 17th May 2019.

In your application, you are reminded to highlight the skills and personal qualities that you think make you suitable for the Internship.

Application Procedure Checklist:

Yes

- You are a Level 8 or 9 IT Carlow Graduate from the years 2017, 2018 or a final year student in 2019.
- **If you are a previous year’s graduate** your exam results *(min requirement 2.2)* are included on application form
- You have completed the Institute’s Internship Application Form you have attached a copy of a valid full Irish Driving Licence *(Applicable for individual Internships - specified under Candidate Requirements)*
- Your application is submitted by the closing date **Closing Date: 12 Noon Friday 17th May 2019.**