



**The University of Wolverhampton in partnership with
GB Judo**

**PhD Studentship- Enhancing Judo Performance:
Designing and Delivering Effective Training**

Applicant Pack



University of Wolverhampton

PhD Studentship

We are offering a four year fully funded bursary opportunity (£20,780 + fee waiver) in conjunction with GB judo for applicants interested in studying a PhD at the University of Wolverhampton. This role offers an excellent opportunity for the right candidate to coach at an elite level within an Olympic sport whilst developing applied academic skillset focussed on growing sporting understanding.

Closing Date: Midnight UK time: Sunday August 17th 2025

Selection Activities

Date: Wednesday, 27 August

Location: British Judo, Walsall Campus, University of Wolverhampton, Gorway Road, WS1 3BD

Candidates will be notified by Wednesday, 20 August.

Selection activities will consist of a practical coaching assessment and a desk-based interview. All activities will take place in person.

Bursary Role Descriptor

We are offering a four year fully funded bursary opportunity (£20,780 + fee waiver) in conjunction with British Judo for applicants interested in studying a PhD at the University of Wolverhampton. This studentship is an exceptional opportunity to deliver strength and conditioning support with an elite sport as part of an interdisciplinary practitioner team, embedded within British Judo's National Training Centre. The role will be responsible for the delivery of strength and conditioning to a cohort of elite judo athletes.

Project: Enhancing Judo Performance: Designing and Delivering Effective Training

Project Overview:

This interdisciplinary PhD project will be heavily involved in testing and monitoring, programming and planning, and delivery of coaching in elite judo, investigating how strength and conditioning (S&C) qualities translate into successful competitive performance. Rather than treating physical performance in isolation, the aim of this research will be interdisciplinary by nature to explore how athletes can transfer gains from the gym to the mat—where real-world outcomes are tested.

The project will involve collaboration with athletes, coaches, and support staff to ensure the training process is context-specific, feasible, and impactful. The research aims to shift the field from simply monitoring athletes to actively shaping performance through collaborative innovation.

Key Aims:

- Identify the Strength & Conditioning qualities most associated with successful judo actions (throws, grip dominance, transitions).
- Develop monitoring tools that capture adaptation across training and indicators of performance readiness, including physical and behavioural cues.
- Co-design and evaluate an evidence-informed intervention to optimise gym-to-mat transfer, support injury resilience, and enhance sustainable performance.

Key Research Questions:

- Which physical qualities best predict elite-level judo performance?
- How do gym-based adaptations interact with tactical execution?
- What tools are most effective for tracking performance transfer and adaptation?
- How can training programmes be co-designed to optimise both performance outcomes and athlete well-being?

The Environment:

You will be based at the British Judo National Training Centre, working directly with Olympic and World-class athletes and coaches. This will be supported by highly experienced practitioners working in Judo through the UK Sports Institute. You will also receive expert academic supervision and research training from the University of Wolverhampton. There is a strong emphasis on working as part of an applied team, ensuring performance impact, and managing relationships in the real world of elite performance sport.

Any duties outside of PhD work must be agreed upon in advance with the supervisory team and British Judo.

Person Specification**Essential:**

- A Master's degree in Sport & Exercise Science or related field
- Experience designing and delivering S&C interventions in athlete populations
- Demonstrated understanding of interdisciplinary performance science, including but not limited to S&C, nutrition, psychology and physiology
- Strong interpersonal, communication, and analytical skills
- Motivation to conduct applied, field-based research in elite sport

Desirable:

- BASES SEPAR, UKSCA accreditation, or eligibility
- Experience coaching elite or high-performance athletes
- Familiarity with athlete monitoring tools and data interpretation
- Experience with qualitative or mixed-methods research, particularly co-constructed or participatory methods

Funding and Eligibility

The studentship is for four years and is open to UK/EU applicants only. It provides a **tax-free stipend of £20,780 per year** plus full **UK/EU tuition fees**.

Person Specification

ATTRIBUTE		ESSENTIAL		DESIRABLE	
1.	Academic Qualifications	1.1	A masters-level qualification in Sport & Exercise Science or related area [cv]		
2.	Professional Qualifications			2.1	Accreditation or ability to obtain to relevant professional body e.g., BASES, UKSCA, NSCA
				2.2	A current first aid or basic support qualifications from a recognised organisation
3.	General Skills/ Experience	3.1	Good IT skills, including data analysis skills (cv)	3.3	Personal initiative, reliability, attention to detail (cv and interview)
		3.2	Good communication and interpersonal skills, written and oral (cv and interview)		
4.	Specific Skills/ Experience	4.1	Experience delivering S&C sessions to different populations of sports people (cv, interview)	4.11	Evidence of managing research projects [cv, interview]
		4.2	A minimum of 2 years' experience of working in an environment supporting elite athletes and coaches in a strength and conditioning capacity (cv, interview)	4.12	Knowledge of the elite sport landscape, particularly the UKSI
		4.3	Good understanding of qualitative and quantitative research methods and designs [cv, interview]	4.13	Knowledge of monitoring performance using various physiological methods. (cv)
		4.4	Understanding of physiological preparation of young athletes (Interview)		
		4.5	Basic experience of analysing the demands of a sport in relation to the performance outcomes and strength and conditioning requirements. To develop, implement and evaluate strength and conditioning programmes for individual athletes within that sport.		
		4.6	Experience of strategic planning including individual programming supported by specific diagnostics and monitoring which inform the coaching process		
		4.7	Knowledge of and ability to teach barbell lifts, supplementary exercises and ground-based drills including how to correct common faults with appropriate diagnostics and monitoring		
		4.8	Knowledge and ability to construct strength, speed/change of direction and fitness-based training schedules both gym and field based, with appropriate diagnostics and monitoring including an indexed database of work conducted with athletes		
		4.9	Ability to modify strength and conditioning programmes to a reasonable standard, according		

			to the results of assessment data; in conjunction with coaches and other support staff		
		4.10	Ability to scientifically validate and interpret the methodology of test protocols and data and other scientific data to a reasonable level.		
5.	Specific Qualities related to particular position	5.1	Experience of analysing qualitative and quantitative data (cv and interview)	5.4	Able to handle multiple simultaneous demands and activities (cv)
		5.2	Ability to communicate complex concepts simply and impactfully working as part of a multi-disciplinary team (cv)		
		5.3	Ability to work independently and set realistic but attainable goals (cv, interview)		
6.	Specific Qualities related to particular position Other	6.1	Commitment to the University's policy framework on diversity and the University's and GB judo's policies on health and safety [cv, interview]		
		6.2	The studentship will involve times to suit the Judo schedule which will include some evenings, weekends and bank holidays.		

This bursary involves training, supervising, working with and/or being in sole charge of children and young people. The successful applicant will therefore be required to apply for a disclosure from the Disclosure and Barring Service (DBS). A disclosure is an impartial and confidential document that details an individual's criminal record and where appropriate gives details of those who are banned from working with children. Having a criminal record will not necessarily be a bar to obtaining a position.

How do I Apply?

For an informal discussion about this opportunity, please contact:

- **Prof Andrew Lane** – (University of Wolverhampton) A.M.Lane2@wlv.ac.uk
- **Associate Prof Ross Cloak** (University of Wolverhampton) – r.cloak@wlv.ac.uk
- **Chris Price** (Head of Performance Support, GB Judo) – Chris.Price@uksportsinstitute.co.uk

To apply:

Please email a **CV** and **covering letter** outlining your suitability for the project and how you meet the attributes listed in the Person Specification. Include the contact details of **two referees**.

Submit your application to: A.M.Lane2@wlv.ac.uk

Please clearly indicate the reference **"PhD GB Judo"** in the subject line of the email and on your cover letter.