



Athletic Path – Sports Science in Professional/Collegiate Teams

Entry Level: Fellowship/Internship

These roles are for those who have recently or are close to graduating with their degree. These types of roles are heavily sought after by those who are beginning their career and wish to gain experience to progress in the industry.

- Job Responsibilities – Assist with basic data collection (e.g., GPS, force plate, etc.), monitor training outcomes, maintain athlete databases, routine maintenance of technology, and assist in other capacities of in-house research
- Education – Bachelor's degree or enrolled in an accredited program in biomechanics, exercise science, kinesiology, or related field
- License/Certifications – CPR, AED & First Aid; CSCS and/or CPSS in progress preferred
- Preferred Experience – a bonus if you already have familiarity with athlete monitoring systems, basic knowledge of statistical analysis, and coding language

Mid-Level: Sport Science Coordinator / Applied Sport Scientist

These roles are for individuals with a couple years of applied experience in collegiate or professional environments. They often lead data collection and analysis efforts and serve as the bridge between performance staff and coaching.

- Job Responsibilities – Oversee workload monitoring, organize and execute research projects, conduct performance and wellness monitoring, communicate data to staff, support joint research initiatives with external collaborators
- Education – Bachelor's required, Master's in sport science, exercise physiology, kinesiology, or related field preferred
- License/Certifications – CSCS, CPSS, CPR/AED & First Aid
- Preferred Experience – 2+ years conducting clinical and/or human subjects' research; use of GPS, Force Plates, coding languages, data analysis, and data management software

Elite-Level: Director of Performance

This is a senior leadership role responsible for overseeing the vision, strategy, and daily operation of a performance department. Typically requires at least 5+ years of applied experience in high-performance environments.

- Job Responsibilities—Manage staff across strength and conditioning, medical, sport science, and related performance disciplines; lead performance strategy; oversee the development and execution of innovation and applied research; support professional development of staff; and collaborate with other sport directors
- Education – Master’s or PhD in sport science, exercise science, kinesiology, or related field
- License/Certifications – Advanced sport science credentials and leadership experience preferred
- Preferred Experience – 5+ years in elite sports; international collaboration; expertise across performance domains (e.g., strength, recovery, biomechanics)

Medical Path – Hospital/Clinical Sports Science

Entry-Level: Fellowship/Internship

These roles are designed for students or recent graduates seeking hands-on clinical research experience in sports science, biomechanics, or rehabilitation. Interns assist in data collection and help support patient care pathways such as return-to-play or post-surgical performance monitoring.

- Job Responsibilities – Assist with patient or athlete preparation and monitoring during testing; maintain performance tech (e.g., force plates, EMG, etc.); input and analyze research data; and collaborate with clinical staff in ongoing research projects.
- Education – Bachelor’s degree or currently enrolled in an accredited program in biomechanics, kinesiology, exercise physiology, or related field.
- License/Certifications – CPR, AED & First Aid preferred.
- Preferred Experience – Familiarity with metabolic carts, EKG systems, exercise testing protocols, and basic data analysis for clinical research.

Mid-Level:

These roles support clinical and applied research activities in return-to-performance (RTP) testing and rehabilitation. Fellows or interns gain hands-on exposure to clinical data collection and analysis while assisting the sports science team in patient-centered care.

- Job Responsibilities – Assist with RTP testing sessions (e.g., setup, data collection for strength, movement, and function), maintain RTP technology, organize and input patient data, shadow clinical staff during interdisciplinary meetings, support research and education projects, and contribute to the preparation of reports or literature reviews
- Education – Bachelor’s degree in exercise physiology, kinesiology, biomechanics, sports science, or related field, Master’s degree preferred
- License/Certifications – CPR/AED, licenses and certifications dependent on company
- Preferred Experience – Exposure to motion capture, isokinetic dynamometry, or RTP protocols; familiarity with Excel, SPSS, R, or similar tools; interest in clinical research and athlete testing environments

Elite-Level: Director

This is a senior clinical and research leadership role responsible for overseeing advanced human

movement analysis in a medical or rehabilitation setting. This position typically requires advanced academic qualifications and 5+ years of applied research and leadership experience..

- Job Responsibilities – Lead daily operations of the lab, oversee full-body kinematic and kinetic assessments (e.g., gait, running, etc.), coordinate clinical and research objectives, manage interdisciplinary staff, secure funding, and maintain a high-output publication record
- Education – Terminal degree (Ph.D., Ed.D., Sc.D.) in biomechanics, kinesiology, exercise science, bioengineering, or a related field
- License/Certifications – Not typically required, but experience with human subjects research compliance and software proficiency may be expected.
- Preferred Experience – 5+ years managing human performance or motion analysis programs, EMG, metabolic testing, and coding languages; 3+ years of grant writing and strong peer-reviewed publication history

Military Path – Human Performance Research and Tactical Readiness

Entry-Level: Fellowship/Internship

These roles are for students or recent graduates seeking hands-on experience in military human performance research. They support ongoing projects and serve as a steppingstone into sports science roles in military or civilian settings.

- Job Responsibilities – Assist with data collection and entry, physiological monitoring, lab equipment setup, and participant testing during research studies. Support senior researchers in tactical performance projects and contribute to report preparation or literature reviews.
- Education – Bachelor's degree or current enrollment in exercise science, biomechanics, kinesiology, physiology, or a related program
- License/Certifications – CPR, AED & First Aid; CSCS or in progress preferred
- Preferred Experience – Familiarity with performance testing tools and basic statistical analysis. Experience with athlete or tactical populations, knowledge of GPS, metabolic carts, force plates, EMG is beneficial.

Mid-Level:

These roles encompass civilian and active-duty positions where sports scientists independently manage performance programs or conduct applied research to enhance military readiness. Professionals in these positions bridge science and field operations by translating data into actionable strategies.

- Job Responsibilities – Lead tactical research studies, oversee data collection and protocol development, coordinate with training and medical staff, manage soldier monitoring systems, and write technical reports or manuscripts.
- Education – Master's degree required in exercise physiology, biomechanics, kinesiology or related field.
- License/Certifications – CSCS and/or CPSS; U.S. citizenship required for DoD civilian roles.
- Preferred Experience – 2+ years conducting human performance or military-based research. Experience with tactical strength programs, wearable tech (i.e., heart rate monitor), performance tech (e.g., GPS or force plates), coding and data analysis software is expected.

Elite-Level:

These are senior leadership positions in military research labs or human performance divisions. Individuals in these roles shape research strategies, supervise multidisciplinary teams, and contribute to long-term readiness initiatives for service members.

- Job Responsibilities – Manage human performance divisions, supervise staff across research and clinical teams, direct innovation initiatives, lead large-scale research projects, secure funding through grants, and publish in peer-reviewed journals.
- Education – Doctoral degree (Ph.D., Ed.D., or Sc.D.) in biomechanics, kinesiology, physiology, or related field.

- License/Certifications – Not always required but demonstrated leadership in military or academic research settings is essential.
- Preferred Experience – 5+ years managing human performance programs. Expertise in data analysis, motion capture, or tactical athlete care. Strong publication record, grant writing experience, and leadership in applied military research.