



Graduate Profile

Name: Lindsay Sillars
Graduated: November 2016
Job Title: Sports Scientist/Strength & Conditioning Coach
Employer: Hearts FC Academy/ Scottish Rugby



Your background:

I completed my undergraduate degree in Sport and Physical activity for Health at Strathclyde University. During this time, I completed a voluntary internship with a professional rugby club and this experience influenced my decision to apply to study a Masters in S&C. I have always been involved in sports with a specific interest in Volleyball and Skiing.

Tell us about your current role:

As a sports scientist for Hearts FC Academy I work with junior footballers from U13-U17 designing and implementing speed, agility and quickness, and strength and power sessions. The role also involves regular monitoring and testing. I am also a self-employed S&C coach contracted by Scottish Rugby. One of my roles is the Lead S&C Coach for the Glasgow and the West Women's Pathway. I manage, supervise and assist pathway level athletes through programmed gym sessions with the inclusion of regular testing and monitoring. Another role I have is the Lead S&C coach for the West Woman's Player development programme. I attend Scotland camps to coach, educate and test junior athletes as well as delivering educational presentations and learning tools to assist with athlete knowledge of training, recovery and nutrition. I also coach within the Glasgow and the West U16-U18 junior male pathway.

What was it about the MSc in Strength and Conditioning that helped you get there?

The wide variety of courses that are delivered on the programme help to develop a large knowledge base including up to date research and best practices to aid with the development of well-rounded coaching ability which in my opinion are some of the most important factors in the field of S&C/sports science. In addition to this, due to the expertise of the staff involved in the programme the support and guidance is second to none.

What are your future career plans?

I have recently been successful in obtaining funding to undertake a PhD with the University of the West of Scotland and Oriam; Scotland's Sports Performance Centre. I am aiming to continue the sports scientist position at Hearts FC academy to stay involved within applied performance work alongside my research.

What advice would you give to someone who is considering studying Strength and Conditioning at Edinburgh?

If S&C is your chosen field look no further than this programme. One important piece of advice is to make the most of any opportunities to take part in internships/ voluntary experience alongside studying to allow the opportunity to apply the numerous taught topics to a real-life situation and to put you in the best position to be successful in the future. For me having this applied experience throughout the programme I found understanding the courses and completing assessments much easier.