



**SPORT, EXERCISE MEDICINE & LIFESTYLE INSTITUTE (SEMLI) SPORT SCIENCE UNIT
FACULTY OF HEALTH SCIENCES
UNIVERSITY OF PRETORIA**

SPORT SCIENCE INTERNSHIPS (FOOTBALL)

ABOUT SEMLI

The Sport, Exercise Medicine and Lifestyle Institute (SEMLI) at the University of Pretoria is a leading center of excellence in applied sport science, athlete performance, and research. Our multidisciplinary team integrates cutting-edge science and innovative methodologies to support elite athlete development and advance knowledge in sports performance.

SEMLI invites applications from highly motivated and enthusiastic Sport Science graduates for two internship opportunities commencing as soon as possible, preferably from 1 June 2026.

The successful candidates will primarily support football programmes.

while also contributing across multiple sporting codes and high-performance areas within the SEMLI Sport Science Unit.

This is an exceptional opportunity to gain practical experience within a prestigious university and high-performance sporting environment, while working alongside experienced practitioners, coaches, and multidisciplinary support teams.

KEY RESPONSIBILITIES:

The successful candidates will assist with and contribute to:

- Applied sport science support in physiology, biomechanics, strength and conditioning, athlete monitoring, and competition programmes;
- Athlete profiling, monitoring, and performance data collection;
- GPS tracking and athlete monitoring systems (Catapult, Polar);
- Match, competition, and training support;
- Practical implementation of performance programmes;
- Administrative and operational support within the Sport Science Unit;

- Mentorship engagement and support to University of Pretoria students where applicable;
- Research activities aligned with SEMLI's strategic priorities;
- Collaboration with coaches and multidisciplinary staff across various sporting codes.

MINIMUM REQUIREMENTS:

- NQF8 qualification - Honours degree in Sport Science or related field (candidates who do not have the relevant qualifications will not be considered for the position).
- First aid and/or basic life support certification advantageous;
- Exposure to applied Sport Science environments;
- Understanding of athlete profiling, monitoring, and GPS tracking;
- Computer literacy in MS Office (Word, Excel, and PowerPoint);
- Competence in data analysis and reporting using Excel, with exposure to Power BI and/or R advantageous;
- Strong communication and interpersonal skills;
- Ability to work effectively within a coach-led, interdisciplinary environment;
- Willingness and availability to travel and work weekends where required.

DESIRABLE QUALIFICATIONS AND EXPERIENCE:

Exposure to one or more of the following will be advantageous:

- Strength and Conditioning certification (e.g. CSCS or equivalent);
- Anthropometry certification (e.g. ISAK or equivalent);
- Knowledge of applied research methodologies;
- Experience within football, rugby, or other high-performance sporting environments;
- Practical experience with athlete monitoring systems and performance testing.

COMPETENCIES:

- High professional and ethical standards;
- Strong organisational and problem-solving abilities;
- Enthusiasm and commitment to athlete and coach development;
- Ability to apply contemporary sport science knowledge in practical settings;
- Ability to perform under pressure and meet deadlines;
- Positive, proactive, and team-oriented attitude.



CONTRACT AND REMUNERATION:

Internship appointments with remuneration aligned to internship market benchmarks;
Opportunity for professional growth and development within a high-performance, research-led environment.

APPLICATION PROCESS:

Interested candidates are requested to submit:

A comprehensive CV; and
A short motivational letter.

Applications must be sent to: hr-hub@semli.co.za

Closing date for applications: 31 May 2026

Interviews will take place on: 2 June 2026 from 08:00 to 10:00.

Please note that this is a re-advertisement of the position. Applicants who have previously submitted their CVs and supporting documents for this role do not need to re-apply, as their applications will remain under consideration. SEMLI reserves the right not to make an appointment to the advertised positions.