



F1 Coaching Requirements

Client coaching within F1 is of a very high standard with the prerequisites for this particular role set extremely high. Historically, Hintsra has hired only 6% of coach applicants for any given role and obtaining a role in F1 is a fraction of that percentage.

Typically, our coaches working with F1 divers would hold an MSc in Strength and Conditioning (or similar) and may have additional qualifications or another Master's degree in Physiotherapy, plus have 5-10 years of previous work experience in coaching high level athletes.

However, successful completion of the [coach certification programme](#) will mean that you will be included in our coach network and you may be considered for any new opportunities we have in sport or our corporate business.

More specific requirements for working in sport (especially in F1) at Hintsra are:

- Minimum 3 years experience of working with elite athletes
- Minimum Masters degree in sports science or related subject
- Expertise in an an area of nutrition, S&C, psychology or physiotherapy
- Ability to coach, deliver training programmes, and track and monitor performance
- The right 'match' for the driver. The F1 team and driver have a role to play in deciding which coach they would like to work with