



**IMPERIAL
ATHLETES**

SPORT SCHOLARSHIP PROGRAMME 2026/27



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ABOUT OUR SCHOLARSHIPS

Imperial Athletes offers support to students who are competing at regional, national and international levels, enabling them to perform and develop in their chosen sports whilst studying at Imperial College London. The support available is athlete-specific and is tailored to the individual. It is aimed at providing a holistic, multi-disciplinary service to students who have the talent and commitment to fulfil their potential within their chosen sport.

In return, recipients are (where applicable) asked to represent Imperial at sporting fixtures and assist in promoting the profile of the institution through social media and in person events.

We offer three tiers of scholarship: Gold, Silver & Bronze. Overleaf is an outline of the provision each tier receives. Imperial Athletes Sport Scholarships are awarded on case-by-case basis, and the level of competition alone does not guarantee selection for the Sport Scholarship. Selection for the Scholarship is done at the discretion of the performance staff.

SCHOLARSHIP TIERS

Athlete Support	Gold	Silver	Bronze
Strength & Conditioning Sessions (x2 Sessions a per week)	✓	✓	✓
Sports Physiotherapy	✓	✓	✓
Sports Rehab & Massage	✓ (8x)	✓ (6x)	✓ (x5)
Sports Psychology (Virtual)	✓ (x6)	✓ (x4)	✓ (x3)
Sports Nutrition (Virtual)	✓ (x4)	✓ (x3)	✓ (x2)
Performance Lifestyle (Virtual)	✓	✓	✓

STRENGTH & CONDITIONING

The Strength & Conditioning provision includes:

- Access to two tailored Strength & Conditioning sessions per week, throughout the year. This will include a comprehensive battery of periodical testing, monitoring and periodised programming.
- Access to use of the Performance Room at Ethos Sports Centr, under supervision of one of the Strength & Conditioning team.
- Access to all programming information which will be uploaded on the Teambuildr App. You will be able to complete all prescribed sessions on the app.



PERFORMANCE LIFESTYLE

“Performance Lifestyle is a personalised support service specifically designed to help each athlete create the unique environment necessary for their success.” - **UK Sport**



Our Performance Lifestyle service supports dual-career athletes in balancing their sporting and academic commitments. The aim is to empower athletes to perform at their best on the field, in the classroom, and beyond.

Through one-to-one sessions, we help athletes with:

- **Time management:** planning training, studies, and recovery effectively.
- **Goal setting:** aligning sporting, academic, and personal goals.
- **Career transitions:** preparing for life after sport.
- **Anti-doping education:** staying informed and compliant.
- **Personal well-being:** building resilience and developing strategies to manage pressure.

All sessions are done online via Microsoft Teams.





SPORTS PHYSIOTHERAPY

Our Sports Physiotherapy service provides expert assessment, treatment, and rehabilitation for sport-related injuries and musculoskeletal conditions. Whether you are managing a new injury, recovering from a long-term issue, or looking to reduce your injury risk, our physiotherapists will work with you to develop an individualised plan to support your return to training and competition.

The physiotherapy service covers a variety of areas, including:

- Comprehensive injury assessment, diagnosis, and management planning.
- Acute injury assessment and early-stage treatment strategies.
- Individualised rehabilitation programmes to restore strength, mobility, and function.
- Progressive exercise prescription to improve tissue load tolerance and resilience.
- Return-to-sport planning and guidance to support a safe return to training and competition.
- Injury prevention strategies and movement-based interventions.
- Soft tissue therapy and manual treatment where clinically appropriate.

All injury appointments take place in the Ethos Sports Centre Treatment room.



SPORTS MASSAGE THERAPY

Our Sports Massage Therapy service is designed to support recovery, reduce muscle tension, and help athletes manage the physical demands of training and competition. Sports massage therapists work closely with athletes to identify areas of discomfort and provide targeted treatments to aid performance and recovery.

The sports massage service includes:

- Deep tissue sports massage to reduce muscle tension and promote recovery.
- Assessment of musculoskeletal concerns and referral where appropriate.
- Supportive management of minor injuries and training-related aches and pains.
- Acupuncture and dry needling techniques where appropriate and within practitioner scope.
- Soft tissue techniques to improve movement quality and reduce feelings of stiffness.
- Recovery-focused treatments following training, competition, or periods of increased load.
- Advice on recovery strategies and self-management techniques to support ongoing performance.

All injury appointments take place in the Ethos Sports Centre Treatment room.



SPORTS NUTRITION PT.1

Our Sports Nutrition service provides athletes with evidence-based nutritional support to optimise health, recovery, body composition, and performance. Working one-to-one with a qualified sports dietitian, athletes receive personalised advice and practical strategies tailored to their sporting demands, lifestyle, and individual goals.

A consultation may include:

- Assessment of performance goals, training demands, and nutritional needs
- Detailed dietary analysis and review of current eating habits
- Personalised nutrition recommendations to support performance, recovery, and overall health
- Individualised meal planning and fuelling strategies for training and competition
- Guidance on hydration, recovery nutrition, and body composition goals where appropriate
- Education on sports nutrition principles to support long-term behaviour change
- Evidence-based advice on supplements, including efficacy, safety, and suitability for sport
- Ongoing monitoring, progress reviews, and plan adjustments as required
- Accountability and practical support to help athletes implement nutritional strategies successfully



SPORTS NUTRITION PT.2

This service is suitable for athletes looking to improve performance, support recovery, manage body composition, prepare for competition, or develop sustainable nutrition habits alongside their training programme.

All sessions are done online via Microsoft Teams.



SPORTS PSYCHOLOGY

What to expect from a one-to-one session

Psychological support on a one-to-one basis allows for the athlete's areas of development to be addressed in an open and direct environment. Content discussed within the sessions remains confidential and is an opportunity for the athlete to increase their own self-awareness while developing further psychological techniques. These techniques can then be applied outside of a sporting context if needed. These techniques will be evaluated with the Sport Psychology Practitioner ensuring the athlete's mental health and performance is being supported appropriately.

The athlete can ask for a specific topic to be discussed such as:

- Motivation
- Performance enhancement
- Managing stress
- Injury recovery

If the athlete is unsure the first session can be used to explore their sporting experience so far. Sessions generally last 45-50 minutes and will be done virtually on Microsoft teams.

EXPECTATIONS

What is expected of scholars?

Scholars are expected to:

- Engage with the programme
- Attend agreed appointments
- Communicate with staff
- Represent Imperial positively
- Meet scholarship commitments

What happens if I don't engage with the programme?

Failure to engage may affect your scholarship status and future applications.





FAQ - ELIGIBILITY

Who can apply for a sports scholarship?

Any Imperial College student competing at a high level in their sport may apply. Applications are open to undergraduate and postgraduate students across all sports.

Can first-year students apply?

Yes. Applications are open to students entering any year of study, provided they meet the eligibility criteria.

Can postgraduate students apply?

Yes. Postgraduate students are eligible to apply.

Can I apply if I play for a club outside Imperial?

Yes. External club representation does not prevent you from applying, although engagement with Imperial sport is considered as part of the scholarship selection.



FAQ- SELECTION

How are scholarship decisions made?

Applications are assessed using multiple factors, including:

- Current sporting performance
- Future potential
- Commitment to development
- Engagement with Imperial sport
- Ability to benefit from the programme

Is competition standard the only thing considered?

Competition results are important, but they are only one part of the assessment. Potential, engagement and overall development are also considered.

Does representing my country automatically mean I'll receive a Gold scholarship?

Not necessarily. International representation alone does not guarantee a particular scholarship tier.

I won a national championship. Does that guarantee a scholarship?

No. Every application is assessed individually.



FAQ -APPLICATION PROCESS

When do applications open?

Applications normally open twice per year:

- Summer window
- Winter window

(Our scholarship webpage will list the current application dates.)

What happens after I apply?

Typically the post-application process looks like this:

- Submit your application
- Application review
- Interview
- Scholarship decision
- Induction/onboarding including scholar kit provided, photo for our scholarship wall, physical baseline testing and documentation signing.



**IMPERIAL
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Imperial Athletes is part of Imperial Move. We're here to support you to get the most out of being an Imperial Athlete Scholar. If you have any questions, please get in touch with either Hamzat Ahmed at hamzat.ahmed@imperial.ac.uk or Jordan Hamilton at j.hamilton@imperial.ac.uk.

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