The English Institute of Sport (EIS)

The English Institute of Sport (EIS) works in partnership with sport to improve performances through the delivery of high quality sport science and medical support to elite athletes, through its nationwide network of expertise and facilities.

Achieving medal success on the world stage for the sports and athletes they support is their focus and, under the leadership of Chairman Steve Cram MBE, the EIS Board and National Director Nigel Walker, the EIS vision is to be the world-leading provider of performance-impacting sport science and medicine within elite sport.

The EIS works across Olympic and Paralympic summer and winter sports, as well as English and a limited number of professional sports. As a grant funded organisation through UK Sport, Olympic and Paralympic sports are able to engage with the EIS through their World Class Programme funding from UK Sport, English sports through their Sport England funding and professional sports through their respective funding bodies.

Where they work

The EIS provides services out of 15 EIS High Performance Centres around the country as well as a number of additional partner sites. This network of sites spanning the north, central and southern regions ensure the necessary levels of flexibility and accessibility of support provision for the specific needs of the sports and athletes they support. Practitioners will also travel overseas to support sports at international training camps and competition.

What they do

The EIS offers support services including: Physiotherapy, Medicine, Strength & Conditioning, Performance Nutrition, Sports Psychology, Physiology, Biomechanics, Performance Analysis, Performance Lifestyle, Soft Tissue Therapy and Talent Identification. They take an inter- and multi-disciplinary approach to service delivery where knowledge and expertise is shared, offering significant added-value to the sports they support.

The EIS supports athletes from more than 50 sports including Olympic, Paralympic, Sport England funded and professional sports.

 When considering Olympic and Paralympic sports, the EIS is the supplier of choice for the provision of sports science and medical support services. Individual sports are allocated funding through the UK Sport World Class Pathway, an element of which is set aside for sport science and medical service provision.

The EIS supports nearly 1,600 elite athletes who are currently on the UK Sport World Class Pathway programme representing Summer Olympic, Summer Paralympic and Winter Olympic sports. In addition, they also provide support to a number of elite athletes representing Sport England funded sports such as squash, rugby, golf, cricket and women's football.

Leading the way

In order to stay at the forefront of international competition, their approach provides highly integrated, quality-assured services and the development of world leading experts who are driving innovation and sharing knowledge to positively impact sporting performance.

In partnership

In addition to working in partnership with those within the sporting system, including the NGBs, UK Sport, the British Olympic Association, the British Paralympic Association, Sport England and the other Home Country Sports Institutes, a number of external partnerships exist to bring specific expertise, products and innovations to the table, thus ensuring the EIS leads the way in the application of such to high performance sport.