

POSITION DESCRIPTION

TITLE: Strength and Conditioning Coach – (Full-time, Contingent)

Collective Bargaining – Ineligible – Contingent

Contingent positions are not eligible to participate in collective bargaining.

JOB SUMMARY:

The Strength and Conditioning Coach is responsible for the planning, monitoring, and implementing of strength and conditioning activities for all varsity student-athletes. The Strength and Conditioning Coach must direct and manage the operations of a varsity strength training program achieving predetermined goals and objectives established with the Head Coach and the Head Athletic Trainer. In addition, the Strength and Conditioning Coach will be required to monitor the weight room as well as teach related courses. This position reports to the Head Athletic Trainer.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

(Note: These examples are intended only as illustrations of the various types of work performed in positions allocated to this class. The omission of specific statements of duties does not exclude them from the position if work is similar, related, or a logical assignment to the position.)

- Responsible for following the policies and procedures as defined in the employee handbook.
- Supports the Sports Medicine Department and the Head Coaches and promotes the philosophy and objectives of the athletic program to include adhering to and enforcing all policies and procedures outlined in the departmental handbook, as well as rules and regulations of the College, the governing sport conference, and the NCAA.
- Participates in the development, coordination, preparation, and implementation of strength and conditioning programs for assigned athletic programs in collaboration with the Head Coach, including leading team workouts designed to enhance the performance of student-athletes and athletic programs.
- Provides instruction and supervision of proper strength and conditioning activities and works in collaboration with the sports medicine staff to develop and implement injury prevention and injury rehabilitation programs for student-athletes.
- Communicates with all Head Coaches regarding progress of student-athletes.
- Develops and submits a strength training budget as requested by the Director of Athletics and Recreation.
- Manages the strength training budget in a fiscally responsible manner and weight room equipment orders.
- Works with the Athletics and Recreation Center Director on maintaining and ordering new weight room equipment.
- Supervises the weight room as appropriate.

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- Teaches related Physical Education courses.
- Provides an annual report of activities.
- Adheres to and follows all rules and guidelines of the NCAA, the College, and the appropriate sport conference.
- Serves as a Campus Security Authority.

MINIMUM QUALIFICATIONS:

- Education: Bachelor's degree, Master's preferred from an accredited institution.
- Experience: Experience planning and leading strength and conditioning activity, two-year minimum experience preferred.
- National Strength and Conditioning Association Certified Strength and Conditioning Specialist (CSCS), College Strength and Conditioning Coaches Association Strength and Conditioning Coach Certified (SCCC) or other nationally recognized certification.
- Current CPR/First Aid/AED Certification.
- Familiarity of NCAA Manual and willingness to abide by rules and regulations.
- Must possess a valid driver's license.
- Ability to travel, work nights and weekends required.
- Ability to lift approximately thirty (30) pounds.
- Any combination of acceptable education and experience, which has provided the necessary knowledge and skills to fulfill the requirements of this position, may be considered.