

Head Strength & Conditioning Coach

POSITION: Head Strength & Conditioning Coach

SUPERVISOR: Vice President of Athletics

DEPARTMENT: Athletics

GENERAL JOB DESCRIPTION

The Strength and Conditioning Coach is responsible for establishing and maintaining a strength and conditioning program for all sports, improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The Strength and Conditioning Coach develops training plans as per scientific principles, supervises training sessions, evaluates athletes, maintains athlete records, and teaches strength and conditioning classes as needed. The Strength and Conditioning Coach meets regularly with sport coaches to determine what the athletes need to work on. If working with an injured athlete engaged in rehabilitation, the Strength and Conditioning Coach will consult with the sports medicine or athletic training staff. The Strength and Conditioning Coach is responsible for maintaining the strength and conditioning facility, and for establishing policies, plans, and procedures for the safe and professional operation of the facility.

MAJOR DUTIES AND RESPONSIBILITIES

- Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all school-sanctioned male and female athletic programs in a manner that reflects research-driven practices.
- Promote the philosophy and objectives of the intercollegiate athletics program, including adherence to all department policies and procedures, as well as the rules and regulations of the University, and the NCAA.
- Work in cooperation with the sports medicine or athletic training staff in the rehabilitation and strengthening of injured athletes.
- Facilitate a collaborative relationship among sport coaches, sports medicine, and the strength and conditioning staff.
- Design and implement policies and procedures for the strength and conditioning program in accordance with the NSCA Strength and Conditioning Professional Standards and Guidelines.
- Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.
- Conduct an annual needs-analysis for each sport team in conjunction with the sport coach and the team's athletic trainer at the conclusion of each sport season.

- Annually conduct and review a departmental risk management plan.
- Complete an annual budgetary proposal for the program that includes routine maintenance, purchase of new equipment, and staffing needs.
- Determine and reinforce expectations for athlete conduct that mirror the school's expectations for curricula and extra-curricular activities, as stated in the school's Student Code of Conduct.
- Conduct an annual evaluation of departmental staff, including the design of professional development activities.
- Design and instruct curricular strength and conditioning classes, as needed.
- Other duties as assigned.

QUALIFICATIONS AND SKILLS

- A bachelor's degree from a regionally accredited institution in Kinesiology or related field is required.
- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
- Knowledge of universal hygiene precautions.
- Must know how to operate strength-training equipment, automated external defibrillator (AED), and sports aid equipment.
- A strong working knowledge and teaching skills in analysis and techniques of strength training.
- Strong motivational abilities.
- Evidence of ability to interact positively with student athletes, colleagues, and the public.
- Evidence of strong organizational skills and effective oral and written communication skills.
- Successful candidates will have strong work ethic; conduct themselves in a professional manner, and work well autonomously or in a team environment

EXPECTED KEY COMPETENCIES

Interdependence:	Fosters collaboration
Communication:	Strong decision-making and communication skills
Accountability:	Formulates effective and progressive strategies aligned with University mission and values
Respect:	Creates an engaging, collaborative work environment by bringing diverse people and ideas together

Entrepreneurship: Influences and Inspires

PHYSICAL REQUIREMENTS

Ability to visually monitor athletes. Sitting, standing, lifting and carrying, reaching, squatting, climbing stairs, kneeling, and moving equipment/boxes. Must be able to work within various degrees of noise, temperature, and air quality. Work surfaces will vary from concrete to grass to hard wood floors. Job responsibilities require both inside and outside assignments. Flexibility and patience are required. Evening and weekend work will be expected. May make site or home visits when needed and appropriate. Must be able to work under stressful conditions.



We are strongly committed to enhancing equity, inclusion, and diversity. These values are central to our beliefs. Candidates who have worked with a diverse range of faculty, staff, and students and who can contribute to our mission of inclusivity are encouraged to identify their experiences and interests. Tiffin University actively seeks to increase the diversity of its workforce. We are dedicated to providing educational, working and living environments that value the diverse backgrounds of all people.

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