



## Head Strength & Conditioning Coach

<b>POSITION:</b>	Head Strength & Conditioning Coach
<b>SUPERVISOR:</b>	Director of Athletics
<b>DEPARTMENT:</b>	Athletic Administration
<b>LOCATION:</b>	On-campus, located in Tiffin, OH
<b>JOB TYPE:</b>	Full-time
<b>GRANT-FUNDED:</b>	No
<b>SOC CODE:</b>	29-9000

### 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.

### Key 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.
- Other duties as assigned.

### Qualifications:

#### *Education:*

- A bachelor's degree from a regionally accredited institution in Kinesiology or a related field is required.

#### *Experience:*

- 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.

*Other:*

- 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 a strong work ethic, professionally conduct themselves, and work well autonomously or in a team environment.

*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 hardwood floors.
- Job responsibilities require both inside and outside assignments.
- Flexibility and patience are required.
- Evening and weekend work will be expected.

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