**Assistant Strength & Conditioning Coach Standard Job Description**

**Classification Title:** Assistant Strength & Conditioning Coach

**FLSA Exemption Status:** Exempt

**Pay Grade:** Commensurate

**Job Description Summary:**

The Assistant Strength & Conditioning Coach will assist the strength & conditioning staff in all day-to-day operations at the Strength and Conditioning Facility. Practical experiences will include but are not limited to assisting staff in the implementation of the strength & Conditioning program, assisting with athlete assessment, and monitoring protocols, using technology to track and monitor athlete health and workload, leading small groups independently, set up/breakdown of training equipment and assisting in the maintenance and upkeep of the facility. The role will participate and attend all staff meetings and is required to stay up to date on all training the university requires. This assistant role will actively integrate with the greater TAMU Strength and Conditioning department at the discretion of the Head Strength & Conditioning Coach.

**Essential Duties and Tasks:**

**40%: Safety**

Assists staff in the implementation of assigned strength & conditioning programs. Sets up and breaks down training equipment. Maintains and upkeeps the facilities to ensure a safe training environment. Assists with athlete monitoring, assessments, and measurements. Supervises student workers, undergraduate interns, and temp/casual workers.

**40%: Coaching**

Actively coaches, teaches, and demonstrates proper movement and lifting technique. Coaches small training groups independently. Occasional travel to fulfill away competition training requirements.

**10%: Assessments, Monitoring, and Screening**

Assists staff in the implementation of athlete monitoring, assessment, measuring, and screening procedures throughout the year. Includes the use of various technologies such as GPS, VBT, and Force Plates.

**5%: Compliance**

Maintains continual and thorough familiarity with all applicable NCAA, Conference and University rules and regulations. Establishes and ensures communication and enforcement of rules and regulations for all staff members and student workers supervised.

**5%: Other Duties**

Performs other duties as assigned. Assist with the curriculum and education for the program aide and coaching academy undergraduate student coaches. Special research projects.

**Required Education and Experience:**

Bachelor's degree in exercise science or a related field, or equivalent combination of education and experience. 3 years of experience in college or professional athletics setting, with documentation of coaching experience

**Required Licenses and Certifications:**

Certified Strength & Conditioning Specialist (CSCS) or Strength & Conditioning Coach Certified (SCCC)

First Aid, CPR, AED

**Required Special Knowledge, Skills, and Abilities:**   
Ability to multi-task and work cooperatively with others. Computer Skills.

**Machines and Equipment:**

Computer – 5 hours, GPS – 3 hours, Resisted/Assisted Sprint Technology – 3 hours, VBT – 3 hours.

**Physical Requirements:**

Ability to demonstrate and teach Olympic movements and basic barbell exercises. 

**Other Requirements and Factors:**

None.

**Is this role ORP Eligible? If so, it needs to meet the criteria on the** [**Rules and Regulations of the Texas Higher Education Coordinating Board**](https://reportcenter.highered.texas.gov/reports/data/user-friendly-version-of-ch-25/)**.**

**Yes**

**No**

**Does this classification have the ability to work from an alternative work location?**

**Yes**

**No**