**Assistant Strength Coach Standard Job Description**

**Classification Title:** Assistant Strength Coach

**FLSA Exemption Status:** Exempt

**Pay Grade:** Commensurate

**Job Description Summary:**

The Assistant Strength Coach is responsible for developing, implementing and monitoring speed, strength and conditioning programs to enhance athletic performance. Ability to coach both male and female athletes. Should be familiar with body composition evaluation computerized program development and record keeping.

**Essential Duties and Tasks:**

**75%: Training**

Organizes team training sessions to ensure proper training and safety of athletes. Teaches strength training exercises, techniques and progressions. Performs Olympic style lifting, squatting and related exercises. Designs and implements total training program for various sports and activities. Teaches Plyometric exercise, techniques and progressions. Oversees conditioning activities that are specific to the need of the athlete as well as meeting the demands of the sport.

**10%: Data Analysis**

Conducts performance testing and analyzes data in conjunction with Sports Science staff.

**10%: Equipment**

Maintains training equipment, insuring proper function and safety.

**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 concerning student-athletes: conduct, appearance, road games, punctuality and other areas as deemed appropriate.

**Required Education and Experience:**

Bachelor's Degree or equivalent combination of education and experience.

One year in sports videography and editing.

**Required Licenses and Certifications:**

CSCS (Certified Strength and Conditioning Specialist) or SCCC (Strength and Conditioning Coach Certified) /MSCC (Master Strength & Conditioning Coach). CPR/AED + First Aid certifications.

**Required Special Knowledge, Skills, and Abilities:**

General knowledge of NCAA rules. Excellent oral and written communication skills. Ability to use word processing, spreadsheet, and database programs. Ability to multi-task and work cooperatively with others.

**Preferred Qualifications:**

Master’s Degree. USA Weightlifting Sports Performance Certification.  
One year of full-time collegiate strength and conditioning coaching, teaching or programming experience. Three years of full-time collegiate Strength and Conditioning coaching, teaching, or programming experience.

**Machines or equipment used in the performance of essential duties:**  
Computer: 15 hrs.

Weightlifting equipment: 10 hrs.

**Physical Requirements:**

* Occasionally required to lift, move, or carry heavy weighted objects.
* Ability to navigate in cramped spaces.
* Occasionally required to work in outdoor weather conditions.

**Other Requirements and Factors:**

* This position is security sensitive.
* This position may direct and/or evaluate the work of others.
* This position requires compliance with state and federal laws/codes and Texas A&M University System/TAMU regulations and procedures.

**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**