**Head Strength Coach Standard Job Description**

**Classification Title:** Head Strength Coach

**FLSA Exemption Status:** Exempt

**Pay Grade:** Commensurate

**Job Description Summary:**

The Head Strength Coach is responsible for the development and administration of individualized speed and strength conditioning programs for football student- athletes to optimize performance. Advises head football coach in conditioning and evaluates various components of fitness in the athletes. Assists trainers in developing rehabilitation programs for injured athletes.

**Essential Duties and Tasks:**

**65%: Coaching**

Designs total conditioning programs for football student-athletes (off season, pre-season and in season). Administers the pre-practice warm-up and post-practice cool down for the football team. Motivates athletes to achieve the necessary gains to be successful. Designs integrated programs of weight training, running, flexibility, plyometrics, rehabilitation and reconditioning that will meet the needs of the individual student athlete. Organizes and implements the programs workouts in an efficient and safe manner, to ensure proper training effect for student-athletes. Provides instruction for the proper technique(s) to be used when training with machines and free weights.

**15%: Supervise**

Provides proper supervision in the weight room, which will ensure maximum safety for the athletes. Supervises, trains and assigns duties to Assistant Coaches for Strength and Conditioning.

**5%: Evaluation**

Provides information to coaches which may aid in the evaluation of players performance, attitude and potential. Designs and carries out testing programs to evaluate athletes for the various components of fitness stressed. Makes available basic information to professional scouts that may assist in evaluation of players. Maintains training equipment, insuring proper function and safety.

**5%: Recruiting:**

Assists team coaches in recruiting student-athletes by providing an interesting and enthusiastic explanation of the conditioning program.

**5% Media & Collaboration:**

Gives an intelligent and professional appearance for the media that will provide favorable exposure to the program and to Texas A&M University. Maintains a good working relationship with other departments of the University; i.e. Health & Kinesiology.

**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.

**Qualifications**

**Required Education and Experience:**

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

5 years of full-time coaching at a NCAA DI school.

**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

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

**Other Requirements and Factors:**  
Travel Required. Nights, weekends, and holidays as required to complete assigned duties.

**Physical Requirements:**  
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**