Carleton College Exempt Position Description

Job Title: Strength and Conditioning Coordinator Reports To: Chair/Athletic Director Department: Physical Education, Athletics, and Recreation (PEAR) Division: Dean of the College

Position Overview:

Responsible for all aspects of coordinating the strength and conditioning programs (primarily varsity athletics) for the Physical Education, Athletics, & Recreation Department.

Essential Job Functions/Responsibilities:

- Provide an overall welcoming, inclusive, positive, & safe environment for the strength and conditioning development of all student-athletes.
- Implement sport-specific speed, agility, quickness and conditioning programs.
- Schedule, prepare and conduct sport specific weight room activities including technique instruction and properly periodized programming.
- Demonstrate a knowledge of and adherence to the rules and regulations set forth by the NCAA, MIAC, and Carleton College.
- Implement rehabilitative exercises for injured student-athletes as prescribed by and in coordination with the Head Athletic Trainer or Team Physician.
- Consult and assistant with Director of Recreation on "Healthy Lifestyles" programing for the college.
- Assist with the hiring, scheduling, and training of student work staff assigned to weight training rooms.
- Demonstrate behavior consistent with maintaining a strength and conditioning program that has student-athlete welfare, as its central focus.
- Potentially teach activity-based PE courses with an emphasis on weight Training and/or nutrition.
- Maintain the highest priority on the overall educational experience of the student population.

Additional Job Responsibilities:

- Other duties as assign by the Chair/Athletic Director.
- Work cooperatively with personnel in the PEAR department, attend departmental meetings and activities, and always represent Carleton College well.
- Participate fully in the development of seasonal planning and fully support appropriate decisions made by the Chair/Athletic Director.

Describe Supervision Received and Exercised:

The strength and conditioning coordinator will be under the direct supervision of the Chair/Athletic Director. They will engage in a season end performance evaluation.

Education/Experience/skills (supported by job duties):

Required:

- Bachelor's degree.
- Current certification by the National Strength and Conditioning Association (NSCA, CSCS).
- Experience in working with male and female athletes in a variety of sports.

Preferred:

• Master's degree and two years' experience at the collegiate level.

NOTE: This job description is not intended to be all inclusive. Employee may perform other related duties to meet the ongoing needs of the organization.