



## **Position: Head Strength and Conditioning Coach**

### **Department: Athletics**

#### **Position Summary:**

The Head Strength and Conditioning coach is responsible for all aspects of the strength and conditioning program and the Kelly Strength and Conditioning Facility.

#### **Responsibilities:**

- Teaching correct weightlifting and conditioning techniques to student-athletes.
- Design and implement lifting and conditioning programs for student-athletes.
- Instruction of student-athletes during sessions and games.
- Evaluation of programs and the progress of student-athletes.
- Proper care and routine maintenance of equipment.
- Provide education on nutrition and nutritional supplements.
- Is directly responsible for the strength and conditioning for the football program.
- Required to be at all home and away football games.
- Works directly with all coaches and athletic trainers.
- Responsible for the strength and conditioning budget and all purchases.
- Makes recommendations for the employment of assistant coaches and graduate assistants.
- Responsible for supervising assistants, graduate assistants and work study students.
- Teaching student-athletes positive Christian life skills.

#### **Qualifications:**

- Bachelor's degree required.
- Experience as a player or coach required.
- Strength certifications required.
- Supports NGU's mission statement and core values, commitment to a Christian lifestyle and character in keeping with a biblical model.



## **Physical Requirements:**

- Mobility - ability to demonstrate basic strength techniques and to instruct techniques to student athletes, move for 1 hour during strength sessions, lift equipment or other items of a minimum of 75 pounds.
- Hearing well enough to communicate with students and co-workers.
- Visual ability to drive, read and use a computer.
- Communication with students well enough to dictate instructions.
- Cognitive/Emotional – ability to critically think and concentrate.

## **Working Relationships:**

The position is a full-time position in Athletics. The head strength coach reports directly to the Associate Athletic Director of External Operations.

## **Work Schedule:**

Coaches are required to work according to team schedules for practice, games, travel, and maintain normal office hours.

## **Travel:**

Travel is required for games, attending conference, and other required meetings.

This job description in no way states or implies that these are the only duties to be performed by the employee. S/he will be required to follow any other instructions and to perform any other duties as requested by his or her supervisor.