

Job Code:.....10798-2021
Position#: (NUNC)(E).....
Developed by:..... JV; KB
Reviewed by:.....SG
Approved by:.....LK
Date:7/07; 5/13; 11/13; 06/21

UNIVERSITY OF RHODE ISLAND

Position Description

TITLE: Head Coach, Strength and Conditioning
DIVISION: Athletics
REPORTS TO: Associate Athletic Director/Health and Performance
GRADE: NA
SUPERVISES: Full time assistant strength and conditioning coaches /Interns and part time staff

BASIC FUNCTION:

Responsible for all aspects of design, development, implementation, monitoring and assessment of strength and conditioning programs to teams as assigned by the Head Strength & Conditioning Coach.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Provide proper instruction, supervision and motivation to all student-athletes.
- Collaborate with head coaches to incorporate desired and specific goals into overall strength & conditioning plan.
- Provide testing, training and progress reports to coaches and supervisor (as required).
- Assist with daily maintenance and upkeep of strength training facilities.
- Work closely with the athletic training staff to help improve injury prevention and facilitate rehabilitation.
- Assist with administrative and budget aspects of the Strength & Conditioning Department.
- Insure a safe and productive working environment, enforcing all codes of conduct.
- Teach and demonstrate proper lifting techniques for various forms of strength training.
- Teach and demonstrate knowledge of speed, agility and flexibility training.
- Teach and advise student athletes on proper methods of rest and recovery.
- Provide basic nutritional guidelines as they pertain to athletic development.

Maintain competency with respect to knowledge of NCAA rules, ensure compliance with NCAA rules, and report to the Director of Athletics knowledge of any violation of NCAA, conference and/or institutional rules. (NCAA rule violations shall be subject to disciplinary or corrective actions as set forth in the provisions of the NCAA enforcement procedures. These procedures detail disciplinary action for both secondary and major violations of NCAA rules.)

OTHER DUTIES AND RESPONSIBILITIES:

Perform other duties as required.

LICENSES, TOOLS AND EQUIPMENT:

Personal computers, printer; word processing, database management and spreadsheet software; National Strength/Conditioning Training Certification or Collegiate Strength and Conditioning Coach Certification. Current First aid, CPR and AED certification.

ENVIRONMENTAL CONDITIONS:

This position is not substantially exposed to adverse environmental conditions.

QUALIFICATIONS:

REQUIRED: Masters degree in related field; Minimum of four years of professional experience as a credentialed strength and conditioning coach at the Division 1, Division 2 or professional sports level; Demonstrated experience working with a football program at the Division 1, Division 2 or Professional sports level. Credentials and membership in nationally recognized strength and conditioning organization (NSCA or equal); Current First aid, CPR and AED certification; Demonstrated experience in the design and teaching of strength training and conditioning theory and technique; Demonstrated knowledge and ability to teach speed, agility and flexibility training; Demonstrated understanding of basic nutritional guidelines as they pertain to athletic development; Demonstrated ability to identify strengths and deficiencies in student athletes technical and physical execution and the ability to design individual workouts to address those issues to maximize performance; Demonstrated ability to develop relationships within an intercollegiate athletic department (i.e., coaches, student-athletes, etc.); Demonstrated ability to work with college student athletes Demonstrated strong verbal and interpersonal communication skills; Demonstrated proficiency in written communication skills; Willingness to travel; Demonstrated ability to work with diverse groups/populations; and, Demonstrated ability to adhere to the University, NCAA, and Atlantic 10 Conference and Colonial Athletic Association rules and regulations.

PREFERRED: Demonstrated Division I strength & conditioning experience

ALL REQUIREMENTS ARE SUBJECT TO POSSIBLE MODIFICATION TO REASONABLY ACCOMMODATE INDIVIDUALS WITH DISABILITIES.