

**Job Code:..... 100930-2019**  
**Position#: (NUNC) ..... (E)**  
**Developed by:.....JV; KB**  
**Reviewed by:..... .SG;DLJ**  
**Approved by:.....LK**  
**Date:7/07;5/13;11/13;5/17;4/19**

**UNIVERSITY OF RHODE ISLAND**

**Position Description**

**TITLE:** Strength and Conditioning Coach  
**DIVISION:** Athletics  
**REPORTS TO:** Head Strength & Conditioning Coach  
**GRADE:** N/A  
**SUPERVISES:** Interns

**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 aspects of the Strength & Conditioning Department.
- Ensure 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.

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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:** Bachelor's degree in fields related to exercise or health sciences; Minimum of three years of fulltime professional experience as a credentialed strength and conditioning coach in a Division 1 intercollegiate or professional basketball program; Minimum of one year as a fulltime strength and conditioning coach in an Atlantic 10 basketball program; Demonstrated credentials and membership in nationally recognized strength and conditioning organization (NSCA or CSCCa); Current First Aid, CPR and AED certification; Demonstrated experience and effectiveness 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; Demonstrated ability to design individual workouts to address those issues to maximize performance; Demonstrated ability to develop relationships and effective communication with sport coaches and others within an intercollegiate athletic department; Demonstrated leadership and organizational skills; Demonstrated ability to work effectively with college student athletes; Demonstrated strong verbal and interpersonal communication skills; Demonstrated proficiency with written communication skills; Willingness to travel; Demonstrated ability to adhere to the University, NCAA, and Atlantic 10 Conference rules and regulations; and, Demonstrated ability to work with diverse groups/populations.

**PREFERRED:** Master's degree in fields related to exercise or health sciences; and, Minimum of four years of professional or collegiate basketball experience.

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