Job Title: Strength and Conditioning Graduate Assistant

Salary: $10.00 per hour, hours vary based on assignment

Position Description:
Assistants will assist the strength and conditioning staff in conducting the day-to-day operations of the Power Plant. Primary duties will include providing assistance in the supervision and execution of strength and conditioning programs for assigned varsity sport teams. Each assistant will be assigned at least one team to run on their own and will assist with additional teams as necessary. Additional duties will include but are not limited to; facility supervision, set-up and clean-up of training equipment, and assisting in the daily maintenance and upkeep of training facilities, and running individual strength and conditioning sessions when required.

Assistants must have obtained or be in active pursuit of the National Strength and Conditioning Association’s (NCSA) Certified Strength and Conditioning Coach (C.S.C.S.) certification. In order to further their professional development, assistants will also be encouraged to pursue additional certifications such as the USAW Sport Performance coach and any other field-related educational opportunities whenever possible.

Major Areas of Responsibility:
- Assist strength and conditioning staff in the implementation and supervision of strength and conditioning programs for assigned varsity sport teams.
- Assist in setting up and putting away training equipment for team lifts.
- Assist in teaching student athletes proper exercise technique and equipment use under the direction and guidance of strength and conditioning staff.
- Assist in routine maintenance of equipment and general upkeep of the Power Plant.
- Provide general supervision of the Power Plant.
- Participate in weekly meetings with the strength and conditioning staff.
- Complete weekly projects and assignments throughout the Assistantship program.
- Complete any additional duties as assigned by the strength and conditioning staff.

Experience & Qualifications:
- Enrollment in an accredited graduate degree program with an emphasis in Kinesiology
- Must have or be in active pursuit of the NSCA C.S.C.S. certification
- Most students complete at least one internship with the Strength & Conditioning Program prior to applying