



Position: Assistant Strength and Conditioning Coach
Department: Athletics

The University of Pikeville in Pikeville, Kentucky seeks a dynamic and creative Assistant Strength and Conditioning Coach. This position is responsible for establishing and maintaining a strength and conditioning programs for sports assigned by Head Strength and Conditioning Coach, with the three major goals of improving athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills. The Strength and Conditioning Coach will devise training plans according to sound scientific principles, supervise training sessions, evaluate athletes, maintain athlete records, and supervise work study and internship students. The Strength and Conditioning Coach will meet regularly with sport coaches and sports medicine staff to create sound training and rehabilitation plans. The Assistant Strength and Conditioning Coach is responsible for maintaining the strength and conditioning facility.

Responsibilities:

1. Design, implementation and scheduling of strength and conditioning programs in-season, off-season, and preseason for this position's assigned sports including strength, power, speed, agility, conditioning, and more.
2. Work in cooperation with the sports medicine and athletic training staff to help reduce the risk of injury and to help develop return to play plans if injuries occur.
3. Facilitate a collaborative relationship among assigned sport coaches, sports medicine, and the strength and conditioning staff.
4. Maintain weight room equipment to ensure clean and safe workspace for student athletes.
5. Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.
6. Conduct an annual needs analysis for each sport team in conjunction with the sport coaches and the team's athletic trainer at the conclusion of each sport season.
7. Work with other areas of campus such as Health and Human Performance Program to provide internship and work study opportunities for our students.
8. Determine and reinforce expectations for athlete conduct that mirror the school's expectations

Reports to: Head Strength and Conditioning Coach

Work is performed under the direction of the Head Strength and Conditioning Coach, and employee assumes direct accountability for work and independently resolves all associated problems except where final approval is required.

Relationships:

Position requires daily contact with athletic trainers, director of athletics, student workers, athletes, parents, school administrators, other coaches, physical therapists, doctors, insurance companies, and doctor office staff in order to share information about the athletic program of the University of Pikeville. These relationships are maintained through e-mail, telephone, and person-to-person contact.

Education/Skill Requirements:

- BS in Kinesiology or related field. Master's or working towards Master's preferred.
- Minimum experience of 2 years in field (including graduate assistantship).
- Must possess Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA) or Strength and Conditioning Coach Certified (SCCC) through the Collegiate Strength and Conditioning Coaches Association (CSCCa).
- Current standard first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) certifications.
- A strong working knowledge of basic strength training techniques and Olympic Lifts.
- Experience and/or expertise in strength and conditioning programming for collegiate populations.
- Strong motivational abilities.
- Evidence of ability to interact positively with student athletes, colleagues, and the public.
- Evidence of strong organizational skills and effective oral and written communication skills.

The University of Pikeville offers a competitive salary commensurate with qualifications and experience. UPIKE offers a competitive benefits package including medical, dental, vision, and life insurance, telemedicine, long-term disability, tuition waivers, a 403(b) retirement plan, and HSA, FSA, & dependent care accounts. UPIKE also offers a generous holiday schedule and paid leave program.

Important Notes: Resume and other application materials will be reviewed to determine if you meet the required qualifications for the position. If it is determined that you meet the required qualifications, your application materials will be used to identify a top group of the most highly qualified candidates. Please, specifically address the qualifications, competencies and desired qualifications in your resume and application materials.

The University of Pikeville is committed to providing a safe and productive learning, living and working community. To achieve this goal, we conduct background investigations for all final applicants being considered for employment. Background investigations include a criminal history record check, and when appropriate, a financial and/or motor vehicle history.

The University of Pikeville is an equal opportunity employer committed to assembling a diverse, broadly trained faculty and staff. The University of Pikeville does not discriminate on the basis of race, ethnicity, color, sex, gender, gender identity, sexual orientation, religion, national origin, age or disabilities in its programs, activities, hiring, or the admission of students.

For more information about the University of Pikeville, please visit <http://www.upike.edu>. In addition to the application, interested applicants are requested to attach to their application a letter of interest, current resume, and the contact information for three to five professional references.