

Shorter University Strength and Conditioning **Graduate Assistant**

GA Strength & Conditioning Coach

Location: Rome campus. Shorter University, a NCAA II institution which competes in the Gulf South Conference, invites applications for the position of Strength and Conditioning Graduate Assistant Coach (1). Shorter University sponsors twenty-one sports with over 500 student/athletes in the various programs. Candidates must have current authorization to be employed in the U.S. without employer sponsorship. The program is designed to provide each participant with a holistic and valuable practical experience in the field of Strength and Conditioning. GAs get 18 hours a year of free tuition.

The placement will involve a number of the following duties & responsibilities:

- a) Assist Director of Strength & Conditioning in all aspects of training for the 21 Div. II varsity sports.
- b) Attend weekly training seminar on teaching correct techniques for appropriate workout regimens.
- c) Teach athletes proper technique and perform diagnostic biomechanical analysis of an athlete's movement.
- d) Assist with supervision of the weight-room (equipment maintenance and cleaning, exercise supervision, safety issues etc.).
- e) Program design & responsibility for 3 - 5 assigned sports teams.
- f) Assist with the input of test data.
- g) Assist in research and testing.
- h) Professionalism, budgets, weight room safety and set-up.

OBJECTIVES

At the conclusion of this course GAs will:

1. Demonstrate the ability to design and implement in-season, off-season, and pre-season strength & conditioning programs for an athletic team.
2. Demonstrate the ability to conduct preseason and midseason field testing of physiological performance in athletes.
3. Demonstrate the ability to work closely with the coaching staff of an athletic team in enhancing the physiological conditioning of that team.
4. Demonstrate the ability to adapt conditioning programs based on the individual needs of specific athletes.
5. Stay current with relevant research in the field.
6. Demonstrate the ability to teach and coach proper Olympic Lifting techniques and progressions.

Qualifications: Potential candidates must have a strong desire to pursue a career in strength and conditioning. All candidates must be enrolled for the 2017 Fall Semester and maintain satisfactory progress towards degree completion to maintain the position. Undergraduate degree in related strength and conditioning field. 1 – 2 years coaching experience, in the weight room, is preferred. Hold, or currently working towards, a Strength and Conditioning Certification from one of the following organizations: NSCA – CSCS, USAW, CSCCa, and must be up to date on CPR/AED certification.

Participants must conduct themselves in a professional manner and display good judgement and character at all times. Fulfill all obligations, as established by the University.

Start Date: Monday, August 14th, 2017. (Fall Semester 2017)

Application Deadline: April 1st, 2017.

Apply today at the following link: <https://home.eease.adp.com/recruit/?id=15537511>

Shorter University is a Christ centered University affiliated with the Georgia Baptist Convention and requires employees to be committed Christians.

Transforming Lives Through Christ