

Work Environment The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disability to perform the essential functions. The noise level in the work environment is usually loud (example: weight room).

REPORTS TO Activities Coordinator

GENERAL RESPONSIBILITIES

1. Develops conditioning and weight training programs for students in accordance with Title IX.
2. Develops and implements training schedules and schedules weight room facility for all students.
3. Conducts training for all coaches on use of equipment and new training techniques.
4. Develops speed, strength, flexibility, and agility for all athletes.

SPECIFIC RESPONSIBILITIES

1. Meets with physical education instructors and coaches to assess needs for their students.
2. Develops individual training programs for all students.
3. Develops motivational programs concerning the importance of proper conditioning.
4. Schedules the weight room for all extracurricular use.
5. Monitors use of facility and keeps a log of coaches' use.
6. Reports problems with equipment and security of the building.
7. Keeps facility clean and equipment in good shape.
8. Monitors summer work schedule for training equipment and facility maintenance.
9. Trains coaches and other staff on use of equipment and lifting techniques.
10. Maintains current knowledge of trends concerning conditioning and weight training.
11. Keeps records of all students and their participation in the program.