

COORDINATOR OF WEIGHT TRAINING *

Function of Job:

Under general supervision of designated supervisor, to develop, organize and supervise, in cooperation with the coaching staffs and athletic trainers, a weight training and conditioning program for members of the men's and women's intercollegiate athletic teams.

Characteristic Duties and Responsibilities:

1. Direct, motivate, supervise and instruct individuals in proper performance of exercises and promote understanding of program to both athletes and coaches.
2. Develop and distribute weight training information to coaches and athletes.
3. Prepare oral/written reports on individual and team progress to all concerned coaches.
4. Advise problem athletes who are not performing as expected for various reasons.
5. Evolve and supervise strength testing procedures.
6. Be responsible for maintenance of equipment, including oiling, silicon spraying and cleaning, and for security, safety and tidiness of weight room.
7. Prepare purchase and maintenance requests for improvements and upkeep of weight room.
8. Advise recruits and prospects on college/university weight training procedures.
9. Prepare various posters, charts, and other visual aids, as necessary, from statistics maintained on each athlete.
10. Maintain contacts with other weight training professionals and keep current with reference sources and new developments in weight training and conditioning.
11. Perform related duties as assigned.

Minimum Acceptable Qualifications:

1. Bachelor's degree in Physical Education or related field.
2. Two years of experience in coaching and/or assisting in a college/university level athletic weight training program.
3. Knowledge of kinesiology and physiology.
4. Ability to tailor a weight program to suit the individual.

10/28/86

System Approval

10/28/86

Effective Date

This document is a generic classification specification of the University System of New Hampshire. Its purpose is to describe the representative responsibilities and general level of complexity, and it is not a substitute for the specific job description of the individual position.

* Revise - Original approved 11/18/77 as "Weight Trainer and Conditioner."