STRENGTH AND CONDITIONING STAFF JOB DESCRIPTION

JOB DESCRIPTION: Strength and Conditioning Staff responsibilities include overseeing the strength and cardio areas of the student recreation center and assisting gym users with proper workout techniques and proper equipment usage. Staff mentor under the HSU Head Strength and Conditioning Coach and may assist with P.E. classes or athletic team workouts.

DUTIES AND RESPONSIBILITIES:
- Monitor Strength and Cardio areas of the facility.
- Provide safe and effective instruction of all cardiovascular and weight training equipment.
- Provide “spotting” assistance on free weight exercises.
- Provide evaluation and correction of exercise techniques.
- Look closely for safety concerns/violations.
- Keep floor clear of obstructions.
- Rack all loose plates and dumbbells.
- Know and enforce all rules and policies as set by SRC.
- Responsible for following SRC safety procedures and protocols.
- Enforce use of “collars” on all barbells.
- Closely monitor Olympic Platforms for use/misuse.
- Enforce no drop rule in the Dumbbell Room.
- Attend to daily cleaning and maintenance schedule.
- Work closely with and assist SRC Staff to ensure a user friendly and safe environment.
- Conduct equipment orientations.
- Offer useful, tactful, and safe advice to individuals regarding their exercise program and/or use of equipment.
- Maintain and clean exercise equipment.
- Perform miscellaneous duties as assigned.

KNOWLEDGE/SKILLS REQUIRED:
- An understanding of strength training and cardiovascular exercise.
- Ability to use and operate a variety of strength training and cardiovascular equipment.
- Knowledge of basic anatomy and physiology.
- Ability to assist individuals in developing a safe and effective exercise program.
- Customer service skills
- Communication skills
- CPR, AED and First Aid current certification or willingness to acquire within three months of employment