



## VACANCY ANNOUNCEMENT

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### Education Support Assistant (Strength & Conditioning Assistant)

*Athletics Department*

Part-time, Funded Wage, Non-Exempt (Position #PW076)

Longwood University seeks qualified applicants for a Strength & Conditioning Assistant. This position will offer assistance with all aspects of strength and conditioning, including speed, agility, flexibility, strength and power training, for all 14 varsity sports of Longwood Athletics.

#### **RESPONSIBILITIES:**

- Supervise, motivate, and spot athletes in the weight room;
- Assist the head Strength and Conditioning Coach with the design and implementation of each team's training programs;
- Record data and analyze testing results;
- Clean and manage the weight room.

#### **KNOWLEDGE, SKILLS, AND ABILITIES:**

- Basic knowledge of strength and conditioning techniques required;
- Basic computer skills required;
- Knowledge of Olympic lifting techniques as well as basic lifting techniques and running mechanics preferred.

#### **EDUCATION AND EXPERIENCE:**

- High School diploma or equivalency required;
- Bachelors Degree in Exercise Physiology preferred;
- Experience as an athlete at the Division I level preferred;
- CSCS, CPR/First Aid Certification and strength and conditioning experience at the collegiate level preferred.

#### **PHYSICAL DEMANDS:**

- Must be able to perform physical activities that require considerable arms and legs and moving whole body, such as demonstrating lifts and speed/agility/conditioning drills, climbing, lifting, balancing, standing for long periods of time, and handling of heavy equipment.

Pay Band 1; minimum of \$7.38 an hour. No benefits accompany this position. POSITION LIMITED TO A MAXIMUM OF UP TO 1500 HOURS PER WORK YEAR. Successful criminal background check is required and incumbent must meet Longwood University's criteria for driving institution-owned vehicles. Position is open until filled with a minimum five-day posting period. A completed Commonwealth of Virginia application is required <http://www.longwood.edu/hr/FormsEMS/stateapp031309.doc> (indicate position #PW076):

Human Resources

Longwood University

201 High Street, Suite 212

Farmville, Virginia 23909

PH: (434) 395-2074 / FAX (434) 395-2666

Electronic applications accepted: [humres@longwood.edu](mailto:humres@longwood.edu).