

# STRENGTH AND CONDITIONING ASSISTANT COACH

## ATHLETICS

**Description:** The Assistant Strength and Conditioning coach will assist the Head Strength and Conditioning Coach in managing and providing strength conditioning program to all student-athletes within the Department of Athletics while creating a high-performance training environment in which every athlete is treated respectfully and inclusively.

**Minimum Requirements:** - Bachelor's degree, preferably in Exercise Science or related field. Prior coaching experience. National accreditation (either NSCA-CSCS or CSCCA-SCCC). First aid/CPR/AED certification (American Red Cross or similar). A valid driver's license and safe driving history are required. Must have strong skills in providing excellent customer service and demonstrate strong ethics.

**Preferred Requirements:** - Master's degree, preferably in Exercise Science or related field. Experience as a collegiate athlete. USAW Level 1 certification.

**Knowledge, Skills and Abilities:** At least two years experience working in intercollegiate/interscholastic athletics overseeing multiple teams at the same time. Maintain open communication with Athletic Training staff to stay apprised of student-athlete training status and make adjustments accordingly. Provide education and counseling to student-athletes regarding self-care topics such as: sleep hygiene, various recovery modalities, nutrition. Comply with all NCAA, Peach Belt, and Lander University rules and regulations. Maintain at all times a high level of personal integrity, as demonstrated by honesty, transparency, and work ethic.

**Hire Range:** \$32,000 annually

**University Hours:** 8:00am – 5:00pm, Monday – Friday  
To include some nights and weekend

**Position Work Hours:** 37.5 hours per week.

**Class Code :** UH15- – **State Title:** Assistant Coach

**Position #:** TBD – **Band:**00

Search openings at [careers.sc.gov](https://careers.sc.gov)

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Fringe Benefits**

Applications must be submitted online at [www.careers.sc.gov](https://www.careers.sc.gov). Receipt of individual applications not acknowledged. See position status at [www.lander.edu/hr](https://www.lander.edu/hr). Lander University is a tobacco-free campus. All final candidates are subject to successfully completing background requirements.



Lander University is committed to equal opportunity employment and being an employer of choice. Lander believes that corresponding differences within the faculty and staff, whether based on ethnicity, race, gender, religion, age, or other experiences, are tremendous assets to the role of Lander as an educational institution and within the community, region, and state. Moreover, Lander is an Affirmative Action/Equal Opportunity Employer. As a result, it is the policy and commitment of Lander that it will not discriminate based on race, color, religion, sex, national origin, age, disability or other protected characteristics.