

TITLE: Strength and Conditioning Teacher/Coach

QUALIFICATIONS: 1. Valid Alabama Professional Educator Certificate with proper endorsement(s) for subject area(s)

REPORTS TO: Principal and Assistant Principal

SUPERVISES: Students and teacher aide(s) as assigned

JOB GOAL: Facilitate the strength and conditioning training of all ACS athletes and students. Develop exercise routines and nutritional intake, exercise supervision, tracking athlete progress and adjusting exercise plans accordingly, the Strength and Conditioning both designs and implements full-scale fitness programs. Shall be responsible for establishing and maintaining a strength and conditioning program for all sports, with three major goals of improving the athletic performance, reducing athletic injuries, and teaching lifelong fitness and movement skills.

JOB DUTIES:

1. Work with the head coaches to design training programs that revolve around strength, conditioning and weight training geared toward specific sports. Must account for procedures and regulations over their athletic department's governing body and using training programs not to just maximize athlete performance but also to minimize injury.
2. Observe training, practice, and performance and use your observations in conjunctions with athlete records to assess strengths and weaknesses and design a program accordingly.
3. Will meet regularly with sport coaches to determine what the athletes need to work on. In order to properly individualize training programs and evaluate athletes, designs and performs baseline tests to assess the skills and weaknesses of each individual athlete.
4. Work with an injured athlete engaged in rehabilitation, consult with the sports medicine or athletic training staff.
5. Responsible for maintaining the strength and conditioning facility, and establish policies, plans, and procedures for the safe and professional operation of the facility.
6. Responsible for establishing and maintaining a strength and conditioning program for all sports.
7. Instruct assigned classes in the locations and at the times designated.
8. Plan programs of study that align to local and state curriculum guides and meet the individual needs, interests, and abilities of the students.
9. Create a classroom environment that is conducive to learning and appropriate to the maturity and interests of the students.
10. Prepare for classes assigned, and show written evidence of preparation in the form of lesson plans upon request of immediate supervisor.
11. Encourage students to take an active role in the learning process and encourage them to set and maintain high standards of personal behavior.

12. Guide the learning process toward the achievement of curriculum goals and --in harmony with the goals--establish clear objectives for all lessons, units, projects, etc. to communicate these objectives to students.
13. Strive to implement, by instruction and action, the district's philosophy of education and instructional goals and objectives.
14. Assess and communicate student progress or lack of progress to students and parents on a regular basis and provide progress reports as required.
15. Assess students' abilities as related to desired educational goals, objectives, and student outcomes and seek the assistance of district specialists as required.
16. Take all necessary and reasonable precautions to protect students, equipment, materials, and facilities.
17. Maintain accurate, complete, and correct records as required by law, district policy, and administrative regulation.
18. Assist administration in implementing all policies and rules governing student life and conduct, and, for the classroom, develop reasonable rules for classroom behavior and procedure, and maintain order in the classroom in a fair and just manner.
19. Be available to students and parents for education-related purposes outside the instructional day when required or requested to do so within reason.
20. Plan and supervise purposeful assignments for aide(s) and volunteer(s) cooperatively with the principal and supervisors.
21. Exhibit effective human relations skills.
22. Demonstrate proficiency in written and oral communication.
23. Maintain professional growth and competence through professional development **as per Board Policy 5.5 Personnel – Professional Development**
24. Attend staff meetings, as required, and serve on staff committees as assigned.
25. Assist in daily duties, of which may be car duty, extra-curricular duties whenever students are involved in school activities.
26. Encourage students to set and maintain high standards of classroom behavior.
27. Adhere to school system rules, administrative procedures, local board policy, and state and federal rules and regulations.
22. Perform other duties as may be assigned.

