AUBURN
Human Resources

Spec, Certified Strength & Conditioning, ROTC

Job Description

JOB INFORMATION

Job Code	CA81
Job Description Title	Spec, Certified Strength & Conditioning, ROTC
Pay Grade	AT07
Range Minimum	$55,920
33rd %	$68,970
Range Midpoint	$75,490
67th %	$82,020
Range Maximum	$95,070
Exemption Status	Exempt
Approved Date:	12/16/2024 10:53:34 AM

JOB FAMILY AND FUNCTION

Job Family:	Athletics
Job Function:	Athletics Sports Health & Welfare

JOB SUMMARY

The Specialist of Certified Strength and Conditioning collaborates with the Army, Air Force, and Navy Reserve Officers' Training Corps (ROTC) Department cadre to design, integrate, and oversee each service's physical fitness performance training plans.

RESPONSIBILITIES

- Partners with the Army, Air Force, and Navy ROTC Department cadre to design, integrate, and oversee each service's physical fitness performance training plans. This includes, but is not limited to, service physical competitive teams and service remedial physical fitness programs.
- Maintains consistent, direct communication with Athletic Training, cadet/midshipman physician, additional medical staff, and service cadre regarding injury modification and return to duty for cadets/midshipmen. Works closely with the Athletic Trainer to develop reconditioning programing for injured cadets and midshipmen.
- Observes service specific training events (e.g., obstacle courses, combative, rappel tower training, lifting competitions).
- Collaborates with the ROTC Athletic Trainer on building a Human Performance Group and writing and implementing policies and procedures regarding Strength and Conditioning. This will include networking with Auburn University resources in Nutrition and Human Performance organizations as well as networking with the Holistic Health and Fitness organization at Fort Moore, GA.
- Monitors, tracks, and briefs all cadet and midshipmen strength and fitness programs.
- Acts as a subject matter expert on strength and conditioning topics throughout the year for the cadets and midshipmen

The responsibilities listed above show the typical duties for jobs in this classification. Actual tasks may differ depending on the department's needs. Other similar duties may be assigned with discretion of the supervisor. Not every duty will apply to every position, and the amount of time spent on each task can change based on department needs.

SUPERVISORY RESPONSIBILITIES

Supervisory Responsibility	May be responsible for training, assisting or assigning tasks to others. May provide input to performance reviews of other employees.

MINIMUM QUALIFICATIONS

To be eligible, an individual must meet all minimum requirements which are representative of the knowledge, skills, and abilities typically expected to be successful in the role. For education and experience, minimum

requirements are listed on the top row below. If substitutions are available, they will be listed on subsequent rows and may only to be utilized when the candidate does not meet the minimum requirements.

MINIMUM EDUCATION & EXPERIENCE

Education Level	Focus of Education		Years of Experience	Focus of Experience	
Bachelor's Degree	Degree in Health and Human Performance, Exercise Science.	and	4 years of	Experience in teaching, coaching, and mentoring military service members on strength and conditioning training. Experience in preventing, assessing, and treating injuries. Experience in preventing, assessing, and treating injuries.	Or
Master's Degree	Degree in Health and Human Performance, Exercise Science.	and	2 years of	Experience in teaching, coaching, and mentoring military service members on strength and conditioning training. Experience in preventing, assessing, and treating injuries.	

MINIMUM KNOWLEDGE, SKILLS, & ABILITIES

Ability and willingness to gain and maintain working knowledge of university, US Army, US Navy/Marine corps, US Air Force/ Space Force rules and regulations while encouraging and promoting excellence in academics and life-skills among the cadets and midshipmen.	

MINIMUM LICENSES & CERTIFICATIONS

Licenses/Certifications	Licenses/Certification Details	Time Frame	Required/ Desired	
CSCS - Cert Strength Cond Spec	Possesses and maintains NSCA Certified Strength and Conditioning Specialist Certification (CSCS)	Upon Hire	Required	And
Heartsaver First Aid CPR AED	Possesses and maintains the Cardiopulmonary Resuscitation Certification for Healthcare providers from the American Heart Association or the American Red Cross with Automated External Defibrillators (AED) Certification.	Upon Hire	Required	And
Other	Possesses and maintains Tactical Strength and Conditioning Facilitator Certification. (TSACF)	Upon Hire	Desired	

PHYSICAL DEMANDS & WORKING CONDITIONS

Physical Demands Category:	Healthcare & Safety

PHYSICAL DEMANDS

Physical Demand	Never	Rarely	Occasionally	Frequently	Constantly	Weight
Standing					X	
Walking					X	
Sitting		X				
Lifting				X		
Climbing			X			
Stooping/ Kneeling/ Crouching				X		
Reaching				X		
Talking					X	
Hearing					X	
Repetitive Motions					X	
Eye/Hand/Foot Coordination					X	

WORKING ENVIRONMENT

Working Condition	Never	Rarely	Occasionally	Frequently	Constantly
Extreme temperatures				X	
Hazards		X			
Wet and/or humid		X			
Noise					X
Chemical		X			
Dusts			X		
Poor ventilation		X			