

## **STRENGTH & CONDITIONING GRADUATE ASSISTANT**

North Park University, a member of the nationally recognized College Conference of Illinois and Wisconsin, would like to announce that applications are now being accepted for the position of Strength and Conditioning - Graduate Assistant. The assistantship will start in August 2021 and includes tuition remission, a partial meal plan, and a \$3,000 stipend per semester.

### **GENERAL RESPONSIBILITIES**

- Implement and monitor safe and effective strength and conditioning programs to improve physical performance for intercollegiate teams.
- Test student-athletes to evaluate performance level and desired areas of improvement.
- Design training strategies for injury prevention and improve sport specific performance.
- Maintain accurate strength and conditioning records.
- Instruct, educate, and supervises all student-athletes regarding proper weight training and flexibility techniques.
- Maintain consistent communication with coaches and Wellness and Recreation Director.
- Serve as building supervisor and oversee the operation of the 68,000 square foot Helwig Recreation facility and student staff.
- Develop and coordinate weight room and fitness center orientations including instruction on strength and cardio equipment.
- Complete other duties as assigned by the Wellness and Recreation Director, Associate Athletic Directors, and the Assistant Vice President for Athletics and Sport Management.

### **QUALIFICATIONS**

- Bachelor's degree is required.
- Applicant must obtain acceptance in North Park University graduate program and have a personal commitment to North Park's mission of Christian higher education.
- Applicants must be able to work an untraditional work schedule (i.e., frequent early mornings, nights, and occasional weekends).
- One year of experience is preferred in positions involving the development and management of sport-specific individual and group strength training programs.
- Certification in first aid/CPR/AED is required by start date.
- Must have one of the National Strength and Conditioning Certifications: Certified Strength and Conditioning Certification (CSCS) or Strength and Conditioning Coach Certified (SCCC) or Certified Strength Coach (CSC) upon start of position.

If you meet the above qualifications and wish to be considered a candidate for this position, please send a letter of interest, resume, and names and telephone numbers of three professional references to: North Park University, Ericka Adams Wellness and Recreation Director, 3225 W. Foster Avenue, Chicago, IL 60625, E-mail [ejadams@northpark.edu](mailto:ejadams@northpark.edu). Review of applications will begin immediately and will continue until the position is filled.