

**YORK UNIVERSITY
JOB POSTING – YUSA**

For All YUSA Full Time, Part Time, Sessional and Limited Term Positions

JOB TITLE: Assistant Strength and Conditioning Specialist

JOB CODE 952271

DEPARTMENT/FACULTY: Athletics & Recreation,
Division of Students

SALARY BAND [9]

I. JOB PURPOSE:

The primary purpose of this position is to assist the Head Strength and Conditioning Specialist by providing strength and conditioning expertise to interuniversity sport teams and to monitor the safe and appropriate use of equipment by all members/patrons. The incumbent also performs a variety of fitness appraisals and designs exercise training programs for varsity athletes. This position requires commitment and adherence to the values and principles of Athletics & Recreation as expressed in the mandate of the department.

II. MAJOR AREAS OF RESPONSIBILITY:

1. Strength & Conditioning High Performance Centre Floor Supervision

Percentage of time: 50 %

Under the direction of the Head Strength and Conditioning Specialist:

- A** Monitors general use of the Strength & Conditioning High Performance Centre by varsity student-athletes, ensuring all users have appropriate member identification.
- B** Monitors safe and appropriate use of equipment by patrons. Provides advice, instruction, and exercise prescription to patrons as required or requested.
- C** Responsible for taking action with patrons who do not use equipment safely/properly.
- D** Enforces user compliance with Strength & Conditioning Centre regulations and ensures equipment is not removed from the Strength & Conditioning Centre.
- E** Initiates emergency response in cases of accident/injury, including the enactment of first aid and CPR as deemed necessary.
- F** Assists with preparation of regulatory notices, maintaining user statistics, and other miscellaneous clerical tasks.
- G** Interfaces with Athletic Therapy certificate program and clinic on an as needs/as requested basis.

Contacts Students, alumni, staff, faculty members/patrons:

Reason for Contact To effectively supervise the Strength & Conditioning Centre floor and provide support to users of the equipment and facilities.:

2. Fitness Appraisal/Counseling, and Periodization Program Design for Interuniversity Sport Athletes

Percentage of time: 30 %

A Under the direction of Head Strength and Conditioning Specialist, plans and performs a variety of fitness and physiological testing protocols for high performance athletes on a yearly basis or as requested by interuniversity coaches.

B Assists the Strength and Conditioning Specialist **in** designing individual and team exercise programs based on test results and in consultation with interuniversity sport Head Coaches.

C Provides orientation and exercise instruction as scheduled.

D Monitors in and out of season varsity team training sessions on a 4-6 week term and daily basis.

E Assists in the coordination of the program files for all varsity sport.

F In the absence of the Strength & Conditioning Specialist **trains** and schedules work study staff; communicating appropriate strength and conditioning training protocols/needs and emergency procedures, including and not limited to Olympic lifting, Movement Preparation and other new/current conditioning trends in the industry.

H Upon request orients members and interuniversity athletes on appropriate rehabilitation services and or directs them to the attention of the Athletic Injury staff personnel.

I Upon request, tours new recruits through the Tait McKenzie Centre Strength and High-Performance Conditioning Centre.]

Contacts: Varsity athletes, coaches, Manager, other departmental staff.

Reason for Contact To provide training exercise programs for varsity athletes.

3. Administration of Strength and Conditioning High-Performance Centre

Percentage of time: 10 %

A Attends regular meetings with the Manager and staff, at which operational and staffing issues are discussed and program activities planned.

B Provides guidance in the absence of the Head Strength and Conditioning Specialist to both part-time staff and co-op/volunteer student staff, ensuring assigned duties are fulfilled.

C Participates, as required, in special events both within and outside the Strength & Conditioning Centre (e.g., Technique Days etc.).

D In the absence of the Head Strength and Conditioning Specialist assists with payroll for part-time and work study staff.

Contacts: Manager and other departmental staff; other staff at the university.

Reason for Contact: Day-to-day operation, articulation/resolution of problems and opportunities; provide guidance/assistance to part-time staff.

4. Strength & Conditioning High Performance Centre Equipment

Percentage of time: 5%

A Assists the Head Strength and Conditioning Specialist in drafting and updating all exercise manuals for varsity athletes.

B Performs inventory and light maintenance/repairs and cleaning of equipment, per the weekly cycle and as problems arise. Notifies Head Strength and Conditioning Specialist of emergency repairs as required.

C Recommends changes/improvements to (a) guidelines for equipment usage; and (b) floor layout of equipment.

D Maintains the equipment cleaning schedule and ensures and monitors daily cleaning of equipment by other (part-time) Strength & Conditioning Centre staff, ensuring assigned cleaning responsibilities are completed.

Contacts: Manager and other departmental staff; external repair services.

Reason for Contact: Inventory, Equipment maintenance/servicing.

5. Other duties as assigned

Percentage of time: 5%

III. COMMUNICATIONS:

	Level English
Basic reading skills (e.g., scanning text, reading forms, etc.)	<input checked="" type="checkbox"/>
Basic writing skills (e.g., writing brief notes, completing forms, etc.)	<input checked="" type="checkbox"/>
Basic speaking skills (e.g., asking & answering simple or repetitive questions, etc.)	<input checked="" type="checkbox"/>
Comprehends written material (e.g., extracting information/details, reading reports/correspondence, etc.)	<input checked="" type="checkbox"/>
Writes non-complex documents (e.g., composing factual information/short routine correspondence, taking minutes, etc.)	<input checked="" type="checkbox"/>
Sustains conversation on specific topics (e.g., explains standard policies/procedures/services, etc.)	<input checked="" type="checkbox"/>

IV. PHYSICAL & SENSORY DEMANDS/ENVIRONMENTAL CONDITIONS:

Check the applicable box (es) & indicate the average percentage of time. (Over the course of a year).

<input checked="" type="checkbox"/> VDT Use	15%	<input checked="" type="checkbox"/> Bending	35%
<input checked="" type="checkbox"/> Prolonged visual attention	20%	<input checked="" type="checkbox"/> Walking/mobility	40%
<input checked="" type="checkbox"/> Prolonged audio attention	20%	<input checked="" type="checkbox"/> Physically threatening	2%
<input checked="" type="checkbox"/> Hand/finger dexterity	15%	<input checked="" type="checkbox"/> Loud noises	50%
<input checked="" type="checkbox"/> Prolonged sitting	5%	<input checked="" type="checkbox"/> Noxious fumes/odours	10%
<input checked="" type="checkbox"/> Prolonged standing	25%	<input checked="" type="checkbox"/> Toxic chemicals	2%
<input checked="" type="checkbox"/> Lifting and/or carrying (approx. 2lbs/20 kg)	20%	<input checked="" type="checkbox"/> Verbally abusive	5%
<input checked="" type="checkbox"/> Other Physical dexterity/motion demonstrating fitness machines	30%		

V. RESPONSIBILITY FOR OTHERS:

Does this job have responsibility for others? Yes

	F/T – P/T	Casuals
<input checked="" type="checkbox"/> Gives direction or instructions		#3-4
<input checked="" type="checkbox"/> Arranges work schedules, coordinates workflow & reviews completed work		#3-4
<input checked="" type="checkbox"/> Trains others in new tasks or estimates training needs		#3-4

VI. QUALIFICATIONS:

Minimum level of formal education required:

University degree is required, a degree in Kinesiology or related field is preferred. or an equivalent of 4 years recent experience (defined as within the last five years) working at York University and performing the same or similar tasks. This education equivalency is in addition to the experiential requirements outlined below

Current certifications required: NSCA (National Strength Conditioning Association Certificate; NSCA - CSCS (National Strength Conditioning Association Certificate – Certified Strength and Conditioning Specialist. CPR and First Aid required. |

CSEP (Certified Exercise Physiologist) certificate preferred

Minimum number of years and type of relevant work experience required:

Minimum 2 years' experience in a high-performance strength and conditioning training facility or setting, in addition to practical experience in individual and/or group/team personal training (e.g., fitness appraisal, physiological testing, one-on-one programming and counseling skills)

Skill(s) required:

Demonstrated skill/ability in the following areas: answering enquiries and providing information in a clear manner; good organizational skills; exercising initiative; ability to work in a fast-paced environment; ability to multi-task, obtain, interpret, and assess information; ability to enforce rules and deal effectively with confrontational situations and difficult individuals. A demonstrated high level of skill in areas of speed, agility and quickness (SAQ), flexibility, aerobic and anerobic conditioning and rehabilitation techniques. Familiarity with basic computer applications (word processing, spreadsheets, email) required.)

Please note: This position requires the candidate to produce a verification of degree(s), credentials(s), or equivalencies from accredited institutions and/or international equivalents at the time of interview.

Please note: This position requires the candidate to produce a Vulnerable Sector Check satisfactory to the University prior to commencement of employment.

VII. JOB SPECIFICATIONS:

Hours of work: Regular hours: Monday to Friday 12:00p.m. to 8:00 p.m.)

The peak periods for this position are) January to March and August to November)

Vacation is restricted January through March, and mid-August through November:)

Note: This employee may not engage in Personal Training activity during his/her shift, unless approved by the Manager)