



Senior Strength and Conditioning Trainer

Job Code: 7482

Salary Grade: S10

FLSA Status: Exempt

The following statements are designed to outline the general functions and typical responsibility levels associated with positions in this classification. They are not intended to serve as an exhaustive list of specific duties or requirements for individual positions assigned to this classification.

Duties and Responsibilities

Develops and implements sports specific training programs for individuals and group settings for sports assigned. Supports the student athletes and enhance the mission of the University of Oklahoma, Athletics Department, and Strength staff.

- Researches, develops, design, implements, and administers comprehensive yearlong sport specific training programs for student athletes in assigned sports.
- Works closely with Nutrition, Psychological resources, and athletic training to create tailored programs consistent with individual student athlete;s needs, restrictions, and other needs.
- Works closely with medical staff in the rehabilitation of athletes and assists with the decision-making process to reinstate athletes to practice and competition.
- Provides written and verbal reports to supervisors, coaches, medical staff, and nutrition.
- Provides support to Director of Olympic Sports Enhancement with each facet of the strength and conditioning program, as well as other duties assigned.
- Assists strength and conditioning unit with program planning and implementation, testing, and data entry.
- Assists with daily maintenance of facility.
- Participates and presents topics at scheduled professional development meeting. Develops and executes professional development of younger staff, Graduate Students, and Student Interns
- Organizes in-house professional development opportunities.
- Develops and executes implementation of monitoring strategies, athlete testing, and data collection.
- Performs related duties as needed to successfully fulfill the functions of the position.

Minimum Qualifications

Education:

Required: Bachelor's degree from accredited University or College preferably in a health- related field

Experience:

Required: 48 months experience as a college or professional strength coach.

Certifications or Licenses:

- CPR, First Aid and AED Certification

Verification of education and licensure (if applicable) will be required if selected for hire.

Knowledge, Skills, and Abilities

- In depth science-based knowledge of exercise programing, anatomy, and human movement
- Ability to effectively communicate, educate, motivate, instruct a diverse population of athletes and coaches with different learning styles
- Critical thinking ability to analyze and correct deficient movements
- Ability to work in fast paced demanding environment with self-awareness and ability to adjust on the fly

Working Conditions

Physical: Ability to engage in repetitive motions and communicate effectively. Must be able to explain and demonstrate proper movement patterns and lifting techniques as needed.

Environmental: Exposure to extreme temperature changes. Ability to work outdoors in all weather conditions including in the heat and cold.



JOB DESCRIPTION

The UNIVERSITY of OKLAHOMA

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