Trainer/Health Services Associate I (0613)

**Basic Purpose/Job Function:** Assisting in the design and supervision of strength and conditioning programs to meet specific goals for individual athletes or assisting in providing evaluation and counseling services.

**Examples of Titles Replaced:** Strength and Conditioning Assistant; Counseling and Testing Intern

**Typical Functions May Include:**

1. Assisting in designing individual weight training programs to meet specific strength and conditioning goals
2. Supervising individual weight training programs and monitoring activities in the weight rooms for specified sports
3. Coordinating with the Athletic trainers of various sports in designing rehabilitative weight training programs
4. Assisting the Athletic Trainers in supervising rehabilitative weight training programs
5. Consulting with coaching staff and assisting the Strength and Conditioning Trainer in developing weight training programs
6. Receiving experience and training in a variety of areas including psychological assessment and diagnosis; therapeutic intervention; psychological consultation and community education; and evaluation of the applications of psychological procedures and techniques
7. Developing and presenting outreach programming
8. Performing assessment of their own clients or those of other staff members as available
9. Engaging in clinical work
10. Performing research projects
11. Performing other related duties as assigned

**Risk Management:** Uses established safety practices to protect the health and safety of personnel and property.

**Supervision of Others:** May supervise graduate assistants or students as assigned.

**Supervision Received:** Receives general supervision from designated supervisor.

**Minimum Qualifications:**

- **Education:** Bachelor’s Degree  
  **Type:** To be determined by department
- **Experience:** 0 - 24 months  
  **Type:** Physical Education, Conditioning, Psychology
- **Skills:** Effective oral and written communication, ability to work independently and good organizational skills.
- **Special Requirements:** Ability to travel; ability to work cooperatively with a wide range of constituencies in a diverse community.
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- **Licenses**: Determined by the nature of the position and/or department.
- **Certifications**: Determined by the nature of the position and/or department.

Minimum requirements may be met by an equivalent combination of education and experience, unless otherwise designated in writing by the department.

Departments are responsible for site-specific job descriptions.