

Position Description

La Trobe Elite Athlete Program (LEAP) – Strength and Conditioning Coach

Position No:	NEW
Department:	La Trobe Sport
School:	Central Administration
Campus/Location:	Melbourne
Employment Type:	Casual
Position:	Strength and Conditioning Coach

Further information about La Trobe University - <http://www.latrobe.edu.au/about>

For enquiries only contact:

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Position Description

LEAP – Strength and Conditioning Coach

Position Context

La Trobe Sport is a University initiative with the strategic goal of developing La Trobe University into the University of choice for Sport in Australia.

La Trobe Sport facilitates programs, partnerships, research and course developments to enable La Trobe to be the leading university in Australia for sport-related teaching and research, to support student participation in sport and sport related clubs and to actively engage the local community and schools through the use of its sporting facilities and sport services.

La Trobe Sport was established to drive the implementation of the Plan for Sport at La Trobe that involves a range of activities:

- Develop teaching and learning opportunities related to sport
- Build the university research capacity related to sport
- Develop sporting partnerships that enhance teaching, learning and research
- Facilitate new and existing academic programs related to sport
- Facilitate coordination across student services and facilities management to maximise opportunities for club sport and sport partnerships with community and school sport groups
- Support the development of new infrastructure to enhance the sport and sport related programs at La Trobe
- Manage the La Trobe University sport-related partnerships and sponsorships

Duties at this level may include:

- Provide effective supervision of the strength and conditioning lab to ensure the safety of all facility users
- Undertake PARQ and sport specific fitness-based assessments for LEAP athletes, assessing their readiness for an exercise training program and implementing a structured training plan that is in accordance with their needs / goals / club or institution-based requirements
- Where appropriate, consultation with external strength and conditioning providers from the athlete's club or institution to allow facilitation of training programs in the strength and conditioning lab.
- Providing initial first aid treatment within the competencies of acquired training
- Attending to relevant tasks, checklists and duties associated with gym floor management and upkeep
- Attending relevant meetings and training sessions

Special Requirements:

Ability to work flexible hours including weekends.

Key Selection Criteria

ESSENTIAL

1. Australian Strength and Conditioning Association (ASCA) Level 2 Accredited Coach
2. Demonstrated understanding of the sport specific physical preparation requirements for a range of different sports as LEAP encompasses a wide variety of athlete
3. Strong gym-based knowledge, with the ability to contribute to the efficient and effective operations of the wider health and fitness team
4. Demonstrated ability to provide fitness testing and exercise programming, inline with an athletes club / institution requirements
5. Sound communication & conflict resolution skills with the ability to negotiate with a diverse range of customers and/or community members
6. Ability to work in a team and contribute to fostering a connected, innovative, accountable and caring culture

DESIREABLE

1. ASCA Professional Coach Accreditation Scheme (PCAS) 'Professional' Level Coach
2. Bachelor degree or higher in exercise science related field

Essential Compliance Requirements

To hold this La Trobe University position the candidate must:

- Hold, or already applied to undertake a Victorian Working with Children Check; AND
- Hold, or already booked in to complete HLTAID003 Provide first aid; AND
- Hold, or already booked in to complete a minimum SIS30315 Certificate IV in Fitness; AND
- OR, hold or are currently completing Bachelor of Sport & Exercise Science; AND
- Hold, Australian Strength and Conditioning Association Level 2 Accreditation, AND
- Take personal accountability to comply with all University policies, procedures and legislative or regulatory obligations; including but not limited to TEQSA and the Higher Education Threshold Standards.
- This role is paid in accordance with the ASCA PCAS pay scale for a Level 2 Professional Accredited coach.

La Trobe Cultural Qualities

Our cultural qualities underpin everything we do. As we work towards realising the strategic goals of the University we strive to work in a way which is aligned to our four cultural qualities:

- We are **Connected**: We connect to the world outside — the students and communities we serve, both locally and globally.
- We are **Innovative**: We tackle the big issues of our time to transform the lives of our students and society.
- We are **Accountable**: We strive for excellence in everything we do. We hold each other and ourselves to account, and work to the highest standard.
- We **Care**: We care about what we do and why we do it. We believe in the power of education and research to transform lives and global society. We care about being the difference in the lives of our students and communities.

For Human Resource Use Only

Initials:

Date: