



West Valley - Mission

Community College District

Class Specification

Instructional Technician - Strength and Conditioning

Classified Position (Non-Exempt Status)

Classified Office, Technician & Business Services Salary Schedule – Range 56

Definition

To establish and maintain strength and conditioning programs for all sports; to improve athletic performance, reduce athletic injuries, and teach lifelong fitness and movement skills; to devise training plans based on sound scientific principles; to supervise training sessions, evaluate athletes, and maintain athlete records; to collaborate with sport coaches, faculty, and sports medicine staff; and to ensure the safe and professional operation of the strength and conditioning facility.

Distinguishing Characteristics

This is the journey level in the single level Instructional Technician class. Employees at this level receive only occasional instruction or assistance as new, unusual or unique situations arise and are fully aware of the operating procedures and policies within the work unit.

Supervision Received and Exercised

Receives general supervision from an assigned manager.

Examples of Essential Duties

Duties may include, but are not limited to, the following:

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Minimum Qualifications

Knowledge of

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Ability to

- Ability to demonstrate the appropriate skills and techniques to be used by the athletes.
- Ability to visually monitor athletes.
- Sitting, standing, lifting and carrying up to 50 pounds; reaching, squatting, climbing stairs, kneeling, and moving equipment/boxes up to 50 lbs.
- Train and direct the work of student assistants.
- Operate and maintain an instructional weight room at a community college.
- On a continuous basis, know and understand operations, and observe safety rules.
- Intermittently analyze problem equipment; identify and locate equipment and supplies; interpret schedules and lab descriptions; remember equipment location; and explain jobs to others.
- Provide technical support for instructors and students in an instructional lab environment.
- Maintain a clean and safe lab environment.
- Maintain records and prepare reports.
- Use sound judgment in recognizing scope of authority.
- Operate and use modern office equipment including computers and applicable software.
- Maintain regular attendance and adhere to prescribed work schedule to conduct job responsibilities.
- Utilize appropriate safety procedures and practices for assigned duties.
- Communicate effectively orally and in writing.
- Relate effectively with people of varied academic, cultural, and socio-economic backgrounds using tact, diplomacy, and courtesy.
- Establish and maintain effective, cooperative and collaborative working relationships with others.

Experience and Education

Any combination of experience and education that would provide the required knowledge and abilities is qualifying. A typical way to obtain the required knowledge and abilities would be:

Experience

Two years of responsible experience in a weight room or fitness studio.

Education

Equivalent to an Associate's degree from an accredited college with major coursework in Kinesiology or a related field.

License and Certificate

- Possession of, or ability to obtain a valid CSCS or NASM certification.
- Possession of, or ability to obtain a valid CPR certification

EEO Category: Technical/Paraprofessional

Approved Date: August 22, 2024