

## Position Description

**Job title:** **Strength & Conditioning Coach**

**Reporting to:** **Program Supervisor - Fitness**

**Department:** **Fitness**

**Location:** **St Lucia**

---

### Purpose of the Position

The Strength & Conditioning Coach will be responsible for developing, coordinating and delivering Strength and Conditioning Services to UQ Sport clients.

---

### Key Responsibilities

- Communicate and consult with both internal and external stakeholders to ensure that programs and services are developed to foster a culture of continuous improvement, ensuring that UQ Sport and The University of Queensland remains at the forefront of high performance sport.

---

### Essential Qualifications

- Blue Card
- Current First Aid & CPR certificates
- Level 1 National Accreditation Scheme qualification in Strength and Conditioning (ASCA), or equivalent

---

### Essential Experience and Skills

- Excellent knowledge of and the ability to construct, strength, power and endurance based training schedules, both gym and field based, with components of testing as required
- Demonstrated ability to analyse a sport in relation to the team and/or the athlete's strength and conditioning needs
- Ability to prioritise own workload and that of colleagues
- Proficiency in PC applications (inc. Microsoft Suite and movement analysis software)
- High level of both written and verbal communication skills
- Demonstrates personal initiative and ability to work autonomously
- Excellent planning and organisational skills
- A commitment to customer service excellence

---

### Essential Behavioural Competencies

- Passion for continuous learning and professional development
- Ability to develop meaningful relationships with internal and external stakeholders
- Demonstrated ability to create positive experience with customers, clients and colleagues
- Support, listen to, encourage, and collaborate with colleagues
- Consistent drive to take ownership of the position, plan and organise to deliver on promises
- Champion innovation and embrace change for continuous improvement
- Be a respectful and reliable team member
- Align behaviour with the UQ Sport values and guiding principles

---

## Essential Health and Safety Responsibilities

- Adopting safe work practices
- Actively reporting workplace hazards, injuries and accidents arising from workplace activities and providing recommendations for corrective actions to prevent or minimise the chance of recurrence
- Ensuring your behaviour does not pose a risk to the health and safety of any person and does not interfere with or misuse materials, equipment or property
- Participating in meetings, training and other health and safety activities