



Graduate Assistant – Strength and Conditioning

Point University is a private institution that educates our students within a Christian worldview, so they are equipped to take their faith into the marketplace and all of life while achieving their professional goals. We are training the next generation of Christian leaders to take the cross to more job sites, churches, industries, and nations than ever before.

Position Summary:

The Point University Athletics Department is seeking a qualified and motivated individual to serve as a Graduate Assistant for Strength & Conditioning. This person will report to the Head Strength & Conditioning Coach and will assist in the implementation, supervision, and monitoring of year-round strength and conditioning programs for multiple athletic teams. The individual will work closely with both internal and external constituents, as well as Point University coaching staff, employees, vendors, and spectators. The Graduate Assistant is expected to work a minimum of 10 office hours a week, in addition to weekends when athletic events are taking place within the Athletic Facilities.

This position is renewable for up to 2 years, and the applicant can participate in master's level courses at Point University during their employment.

Knowledge, Skills, Ability:

- Proficient with Microsoft Office, with emphasis on Excel and Word
- Demonstrated sound organizational, coordinating, and personal interface skills
- Demonstrated excellent written and verbal communication skills, including the ability to successfully communicate with the public, other employees, and donors.
- Able to multitask when multiple athletic events are in session
- Must be flexible with working nights, weekends, and some holidays

Essential Functions:

- Supervise and lead team workouts under the direction of the Head S&C Coach.
- Provide coaching cues for proper lifting techniques, mobility drills, warm-ups, and recovery protocols.
- Aid in the collection and analysis of athlete performance data (weight tracking, attendance, testing metrics, etc.).
- Contribute to the upkeep, cleanliness, and organization of the weight room and training areas.
- Model professional behavior and support the program's core values and culture.
- Help coordinate nutrition education, fueling stations, and recovery snacks (as applicable).
- Other duties as assigned by the Head S&C Coach or Athletic Director

**Education**

- Bachelor's degree from an accredited institution