

## **STRENGTH AND CONDITIONING ASSOCIATE**

The Strength and Conditioning Associates main responsibility is to keep the strength and cardio areas safe. Provide exercise recommendations for participants which include: assistance with form, technique, exercise frequency, intensity, and duration. Maintain cleanliness and safety of facilities and equipment. Tend to accident and/or emergency situations. Serve as a liaison between recreation participants and Campus Recreation staff.

### **RESPONSIBILITIES**

1. Responsible for supervision over strength and cardio equipment areas.
2. Completion of participation counts within the strength and cardio areas.
3. Enforce facility policy, procedures, and protocols.
4. Ensure safety protocols within strength and cardio areas (safety collars, spotting patrons, etc.)
5. Maintain cleanliness and overall order of the strength and cardio areas.
6. Promote a feeling of belonging and cohesion among the patrons within the facility.

### **QUALIFICATIONS**

1. Must be a student enrolled as a full time UMASS student.
2. Must be willing to work weekends, nights, and early mornings.
3. Must have good communication skills.
4. Have a passion for health, fitness, and overall wellbeing.
5. Be proficient in basic exercise instruction, technique, and safety practices.