



Athletic Corporation Career Opportunity California State University, Fresno

STRENGTH AND CONDITIONING INTERN

ATHLETIC CORPORATION

(11-month, full-time, exempt, at-will appointment)

Vacancy # A382

Salary: \$1,200.00 monthly stipend

Internship Description:

This position will report to the Director of Strength and Conditioning. This internship is designed to expose the individual to all aspects of strength and conditioning for several of Fresno State's nationally competitive men's and women's sports programs. Under the direction of the Director of Strength and Conditioning, the incumbent will be responsible to assist with the daily operations of the strength and conditioning complex for varsity student-athletes; providing supervision and instruction on safe equipment usage; conduct periodic fitness evaluations; assist in the implementation of strength and conditioning programs for all sports; assist with the day to day cleaning, maintenance and operation of the strength and conditioning complex, and other duties related to the operation of a strength and conditioning program for collegiate athletes. This position may include the responsibility of creating and implementing strength and conditioning programs for a sport[s] selected by the Director of Strength and Conditioning.

Learning Objectives:

1. Many opportunities for hands on program observations and development with full-time strength and conditioning staff. Interns will develop a sound understanding of common lifting techniques and procedures. Emphasis will be placed on understanding specific sport movement and biomechanical structures, flexibility, aerobic, plyometric and other techniques that reduce like hood of injuries, and improve athletic performance.
2. Develop training programs to account for biomechanical and physiological differences among individual student-athletes, taking into consideration their ages, sex, training status, physical limitations, and injury status.
3. Recognize acute and chronic physiological responses and adaptations to training and their implications for the design of sport specific training programs.
4. Understand the importance of strength and conditioning practitioners achieving and maintaining professional certifications with continuing education requirements and a code of ethics, such as CSCCA.
5. Recognize the importance of a clean strength and conditioning facility and assist in maintain a clean facility.

Required Education, Experience, Knowledge, Skills and Abilities:

- Bachelor's degree in physical education, exercise science or related field
- Knowledge of teaching and implementing Olympic lifts
- Strong work ethic and desire to become a strength and conditioning professional
- CSCCA or CSCS accredited National Certification as required by NCAA regulations

Ability to:

- Support the equity and diversity commitments of the department
- Work and communicate well with strength staff, administrators, medical staff, student-athletes, coaches, and other athletic department staff

Preferred Requirements:

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- Prior strength and conditioning experience and/or collegiate playing experience
- USA Weightlifting Level 1 Certification or equivalent in progress

Filing Deadline:

Open until filled. Applications received by June 24, 2016 will be given full consideration. Applications received after this date will be forwarded to the search committee as needed.

Apply:

California State University, Fresno
for the Athletic Corporation
Joyal Administration Building, Room :
5150 North Maple Avenue, JA71
Fresno, California 93740-8026
Telephone: (559) 278-2032
FAX: (559) 278-4275

Application Requirements:

A university “Application for Athletic Corporation” form, a resume, and a list of three professional references, including telephone numbers, are required. A cover letter that addresses your qualifications for the internship is recommended. The application is available on the Fresno State Jobs website at: <http://jobs.fresnostate.edu>.

Background investigations will be conducted, as required, depending upon the job requirements of a position. These could include, but are not limited to, processing of fingerprints through the Department of Justice and degree and license verifications. An offer of employment may or may not be extended based upon the results of these verifications.

Pursuant to the requirements of the Immigration Reform and Control Act of 1986, any offer of employment is contingent upon verification of individual’s eligibility to be employed in the United States.

Pursuant to Executive Order 883, reasonable accommodation is to be provided upon request from an employee or applicant with disabilities, unless doing so would impose an undue hardship on the campus. What constitutes a reasonable accommodation is to be determined by the campus on a case-by-case basis after it has received the individual’s request for accommodation and engaged in an interactive process. Employees or applicants requiring reasonable accommodation should contact Human Resources directly at (559) 278-2032.

The Athletic Corporation of California State University, Fresno is committed to Equal Employment Opportunity and Affirmative Action. Applicants will be considered without regard to sex, race, color, religion, national origin, sexual orientation, marital status or disability. The Athletic Corporation actively seeks and encourages applications from members of all underrepresented groups. The Athletic Corporation is committed to providing equal opportunities to men and women CSU students in all campus programs, including intercollegiate athletics. The Athletic Corporation is associated with the University; however, employees of the Corporation are not employees of the University or the State of California. In compliance with the Jeanne Clery Disclosure of Campus Security Policy and Crime Statistics Act, crime report statistics are available at <http://www.csufresno.edu/police/report.htm>.

Call the Fresno State Athletic Corporation Jobline (559) 278-2383 or <http://jobs.fresnostate.edu>, to receive an application or current listing of all available Athletic Corporation and University staff employment opportunities.



Athletic Corporation Career Opportunity California State University, Fresno

University Information: (or website: <http://www.csufresno.edu/>) California State University, Fresno is one of 23 campuses of the California State University System. The university's mission is to offer high quality educational opportunities to qualified students at the bachelor's and master's levels, as well as in joint doctoral programs in selected areas. The university serves the San Joaquin Valley while interacting with the state, nation, and world. Through transformational applied research, technical assistance, training and other related public service activities, the university builds partnerships and linkages with business, education, industry, and government. The university competes athletically in Division I FBS and is a member of the Mountain West Conference.

The current enrollment is just over 21,300 students from diverse backgrounds, which creates a culturally rich environment. The campus, which has been designated as an arboretum, is spread over 1400 acres. Metropolitan Fresno, with a multi-ethnic population of over 600,000 is located in the heart of the San Joaquin Valley on the western edge of the Sierra Nevada Mountain Range. The campus is within easy driving distance of San Francisco, Los Angeles, Yosemite, Kings Canyon, and Sequoia National Parks, the Monterey Peninsula, Lake Tahoe, beaches, sailing lakes and numerous ski resorts. Fresno boasts one of the most reasonable housing markets in California and offers a wide array of locally grown fruits and produce.

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