STRENGTH AND CONDITIONING COACH

Location:
Dallas, Texas

Deadline to Apply:
Rolling

About Paul Quinn College
Paul Quinn College (PQC) has been widely recognized as one of the most innovative small colleges in America. Founded in 1872, by a group of African Methodist Episcopal Church preachers, PQC is a private, four-year, faith-based, liberal arts-inspired Historically Black College. Located in southern Dallas, we proudly educate students of all races and socio-economic classes under the banner of our institutional ethos, WE over Me. Guided by our mission to create servant leaders and agents of change for the global marketplace, we are committed to providing a quality education that addresses the academic, professional, and social development of students.

By focusing on academic rigor, experiential learning, and entrepreneurship PQC has become a model for urban higher education. As the ninth federally-funded Work College in the nation and the first Urban Work College in history (first-ever minority-serving institution (MSI), historically black college, and Texas-based institution), all PQC residential students are required to work 12-15 hours per week in addition to managing their academic course load. As a Work College, PQC provides students with the unique opportunity to spend their college career gaining real world work experience while paying less than $15,000 per year for tuition, fees, room and board. The vision of the Work College Program is to transform ability into action and potential into achievement by encouraging all students to embrace the ideals of disciplined work, servant leadership, and initiative in preparation for lives of financial freedom, community engagement, and outstanding character.

The Urban Work College model not only makes PQC a unique post-secondary institution, but it is also of material importance for our students given that every year 80 - 85 percent of them are eligible for Pell Grants. Additionally, because our students come from families where long-term unemployment and under-employment is prevalent, our work program provides them with the type of internship experience that they have historically been denied.

Under President Michael J. Sorrell’s leadership, Paul Quinn has become one of the most innovative and respected small colleges in the nation. Fortune magazine recognized President Sorrell’s work and the College’s transformation by naming him one of the World’s 50 Greatest Leaders. President Sorrell is also a three-time award winner of HBCU Male President of the
Year by HBCU Digest and was named by Time Magazine as one of the “31 People Changing the South.”

For more information about Paul Quinn College, please visit https://pqc.edu.squarespace.com/whoweare

**Position Overview**
Paul Quinn seeks to find a dynamic, self-motivated, organized, energetic and creative Strength & Conditioning coach who will provide support in the development and management of individual and team performance enhancement programs on behalf of the Athletics Department. Under the direct supervision of the Paul Quinn Athletics Director, the Strength & Conditioning Coach’s primary responsibilities will be to oversee the strength and conditioning programming and equipment; deliver a comprehensive, practical, and evidence-based strategy that fosters an environment for performance enhancement; and injury prevention, recovery, and reconditioning of all current Paul Quinn College Student Athletes. This is a full-time position with benefits and will require irregular work hours that could include early mornings, late evening, and/or weekend work.

**Essential Functions and Responsibilities**
- Responsible for the successful management and implementation of the Strength & Conditioning Program of all current Paul Quinn Student Athletes.
- Assist in facilitating regular meetings with head coaches to establish and review strength and conditioning goals for each athletic team.
- Develop comprehensive athletic performance programs for all sports.
- Design and implement programs to include strength training, conditioning, speed-power development, agility and injury prevention.
- Utilize testing/evaluations of student athletes for input in development of program.
- Provide attendance reports to coaches.
- Work closely with athletics staff on rehabilitation and injury prevention and instruction for student athletes.
- Serve as a double-goal coach, to include strength and conditioning lessons as well as life lessons including honesty, selflessness, character, serving others, being a positive leader and teammate.
- Assist with ongoing maintenance and management of the strength and conditioning facilities.
- Perform regular general maintenance on equipment in the strength and conditioning center.
- Perform opening and closing duties for the strength and conditioning center/practice gym, including cleaning of equipment.
- Provide encouragement and instruction for student workouts as needed.
- Adhere to policies related to boundaries with students and to procedures related to managing high-risk activities and supervising students.

**Qualifications**
Bachelor's degree, in a related field (Exercise Science, Exercise Physiology, Kinesiology, Biomechanics, Physical Education, Sports Psychology, Health Performance) and a Master’s degree.

Minimum 3 years of Full-Time Collegiate / University experience in the organization and implementation of strength and conditioning programing in a wide range of men’s and women’s athletics at the NAIA or NCAA level.

Current, Active, and up to date membership and CERTIFICATION from either The Collegiate Strength and Conditioning Association (Strength / Conditioning Coach Certified – S.C.C.C.) or The National Strength and Conditioning Coaches Association (Certified Strength and Conditioning Specialist – C.S.C.S.).

Extensive knowledge and experience in the implementation of strength and conditioning programing for Elite level athletes.

Proficient in MS Word, Excel, and Outlook.

Excellent leadership, communication, and organizational skills.

Strong problem-solving and multi-tasking skills.

Ability to communicate effectively with students, coaches, parents and administration.

Detail-oriented, creative, and able to adapt in a fast-paced environment with limited resources.

Well-organized, enthusiastic, and focused goal-setter committed to the institutional ethos of WE over Me.

Benefits
Paul Quinn College offers a competitive benefit package including PTO, Health, Vision and Dental Insurance and more.

How to Apply
Please submit your completed application, cover letter, and resume to careers@pqc.edu.

It is the policy of Paul Quinn College not to discriminate against any individual in its educational programs, activities, or employment on the basis of race, color, national origin, sex, disability, veteran status, age, religion, or marital status.