

STRENGTH AND CONDITIONING COACH

Entry Level: Bachelor's Degree

Strength and conditioning coaches usually provide exercise counseling to athletes so they may improve their strength, speed, and endurance. They may work with individuals, small groups, or large groups such as teams, and maintenance and repair for the equipment used is also occasionally necessary.¹

These coaches must be able to build motivation to maximize athletes' performance, and training should be administered with emphasis on correct and safe techniques and movements. They may focus on areas such as cardio, weight training, and plyometric exercises, and it's also important to help the athletes develop healthy diets to increase energy and endurance. Testing should be administered periodically to determine athletes' progress and areas that need improvement, and injuries should be avoided through preventive exercises.¹

JOB REQUIREMENTS

What is the exact job title?

- Movement Specialist
- Performance Coach
- Strength and Conditioning Coach
- Strength and Conditioning Specialist

How do I become one?

- Earn a bachelor's degree in exercise science, exercise physiology, physical education, or athletic training, or a related field.²
- Complete an internship.²
- Become certified. Employers look for certifications such as:
 - CSCS - Certified Strength and Conditioning Specialist, most common certification. Must earn a bachelor's degree and pass an exam.²
 - SCCC - Strength and Conditioning Coach Certified. Must earn a bachelor's degree, complete an internship under a mentor, and pass an exam.²
 - USAW - USA Weightlifting, a good resource for learning how to coach Olympic lifts and their variations.²
- Get under-the-bar experience. Practice what you preach by doing your own training.²

What qualities do I need?

- Attention to detail³
- Confidence in speaking³
- Clear communication³
- Initiative³
- Integrity³

TYPICAL WORK DAY

What do they do?

- Maintain a clean and orderly fitness center.¹
- Maintain a safe and organized free-weight area.¹

1https://www.payscale.com/research/US/Job=Strength_and_Conditioning_Coach/Salary

2<https://www.stack.com/a/how-to-become-a-strength-coach>

3<https://www.nscs.com/education/articles/career-articles/becoming-a-strength-and-conditioning-coach/>

4<https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>

- Design and implement fitness programs and training regiments.¹
- Demonstrate how to use equipment safely and properly and answer questions.¹
- Assist employees with fitness equipment.¹

Where do they normally work?

- Gyms, high schools, and colleges.

What hours do they work?

- Hours may vary depending upon the needs of the athletes. Some coaches work 8-12 hours per day. Others work less.⁴

BENEFITS

What is a typical salary in this field?

- Payscale: \$16.50/hr or \$40,295/year.¹

Does this job come with any benefits? (vision, dental, 401k, PTO, etc.)

- Medical: 67%¹
- Vision: 40%¹
- Dental: 52%¹
- None: 32%¹

GROWTH

What is the projected job growth?

- For all fitness trainers and instructors, job growth between 2018 -2028 is projected to be 13%.⁴

Last Updated: October 2019

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³<https://www.nscs.com/education/articles/career-articles/becoming-a-strength-and-conditioning-coach/>

⁴<https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>