

v).STRENGTH & CONDITIONING EXPERTS :

(Specific requirements, short listing and interview information)

1. ESSENTIAL EDUCATIONAL QUALIFICATIONS.

Applications are invited from all interested candidates who possess any of the following degree from a recognized Indian or Foreign University and qualification as follows:

- Bachelors or Masters in Sports and Exercise Science/Sports Science/ Sports Coaching.
OR
- Any Graduation with ASCA Level-1 or above/CSCS/UK SCA accredited coach/Diploma in fitness training /Certificate course in Fitness Training from Government Institution.

2. CRITERIA FOR SHORT LISTING OF CANDIDATES FOR THE INTERVIEW.

Short listing of candidates to provide an optimum ratio for the interview will be carried out on following basis:

<u>CATEGORIES FOR EVALUATION</u>	<u>MAX MARKS</u>	<u>SCORING OF MARKS</u>		
Higher Educational Qualifications	10	Masters in Sports and Exercise Science/Sports Science - 10 marks	Masters in Sports Coaching – 7marks	Masters in Physical Education/ Diploma in sports coaching– 5marks
Work Experience	10	Every completed six months of related experience at a recognized State / National level sports organization(Govt or Private) working with teams/players will be given 1 mark, Upto a maximum of 10 marks.		
Strength & Conditioning Certification	15	ASCA Level 3/CSCS (NSCA)/Level 4 (UK) – 15marks	ASCA Level 2/Level 3 (UK)- 10marks	ASCA Level 1/Certificate course in Strength &Conditioning/ fitness trainer level 4 certification from National Skill Development Cooperation of India – 5marks
Percentage of Marks obtained in Graduation	5	≥50%--<60% =2 marks ≥60%--<70% =3marks ≥70%--<80% =4marks ≥80% =5marks.		
Sports achievement	10	International Level (Representing India in a	Medal at National Level (Representing	Medal at University/State

		sports event recognized by sports governing bodies) – 10 marks	his/her state in national competition recognized National Sports Federation) – 7 marks	Level (representing district/university in a state level, university competition recognized by State Sports body or AIU) – 5 marks
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3. INTERVIEW PROCESS

The interview will be of 100 marks.

The Candidates will be assessed on the following:

CATEGORIES FOR EVALUATION	MAXIMUM MARKS
Domain Expertise	30
Practical knowledge and knowledge of allied sports science disciplines	20
Aptitude for working in a sports organization	15
Principles of training, Programming of training design and its organization	15
Soft skills	10
Pre-Rehabilitation & Injury Management	10

Remuneration:

DESIGNATION	GRADE	REMUNERATION
Strength And Conditioning Expert	Lead	Rs. 80,000 – 1,00,000
Strength And Conditioning Expert	II	Rs. 60,000 – 80,000

Age limit: The candidate must not have attained 45 years of age as on the closing date for the advertisement.

Job Responsibilities:

Designation	Job Responsibilities
Strength & Conditioning Expert	<ol style="list-style-type: none">1. Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all athletes in various programs in a manner that reflects research-driven practices in accordance with the Long-Term Athletic/Fitness Development Model.2. Work in cooperation with the sports medicine or athletic training staff in the rehabilitation and strengthening of injured athletes.3. Facilitate a collaborative relationship among sport coaches, sports medicine, and the strength and conditioning staff.4. Design and implement policies and procedures for the strength and conditioning program in accordance with the guidelines of State Sports Department.5. Develop systems for tracking athlete attendance and athlete progress in conjunction with the sport coaches.6. Conduct an annual needs-analysis for each sport team in conjunction with the Coaching staff and sport science team at the conclusion of each sport season.7. Annually conduct and review a departmental risk management plan.8. Complete an annual budgetary proposal for the program that includes routine maintenance, purchase of new equipment, and staffing needs.9. Determine and reinforce expectations for athlete conduct for curricula and extra-curricular activities, as stated in the Centers Athlete Code of Conduct.10. Conduct an annual evaluation including the design of professional development activities.11. Carry out research on newest methods and techniques in Strength & Conditioning domain.12. Analyze data collected from athletes to suggest formation of norms for Indian athletes.13. Actively enter all data needed in the Athlete management System or with respect to performance evaluation of athletes.14. Any other duties assigned by High Performance Director, Sports Science Head and Regional Head and Director General State Sports Department.