

**POSITION DESCRIPTION**  
**STRENGTH AND CONDITIONING TRAINER**  
**GS-0601-12**

**INTRODUCTION**

The Lead Strength and Conditioning Trainer position is located at U. S. Marine Corps Forces, Special Operations Command (MARSOC) and functionally reports to the Deputy, Health Services Support (HSS), Camp Lejeune, North Carolina. The mission of MARSOC is to train, organize, equip, and when directed by the Commander, U.S. Special Operations Command (USSOCOM) to deploy task organized, scalable, and responsive U.S. Marine Corps special operations forces worldwide in support of combatant commanders and other agencies. MARSOC is one of four components of USSOCOM. The Commander, MARSOC is a U.S. Marine Corps Major General (O-8) and reports to the Commander, USSOCOM. In this capacity, the Commander, MARSOC exercises command over a force of nearly 3,500 active duty personnel from both the U.S. Marine Corps and the U.S. Navy.

The incumbent serves as the Command's Senior Strength Coach and Principle Advisor for Strength, Conditioning, and Injury Prevention (SCIP) to the Deputy Director, Health Services and provides a full range of administrative management and support services to senior leadership within the MARSOC Preservation of the Force and Family (MPOTFF) and Performance and Resiliency (PERRES) framework. This includes maintaining the highest quality standards of professional services, regulating and ensuring the proper coaching and educating of clients, ensuring the necessary training of the assigned staff, developing component-wide policies and procedures, and assisting in the development and execution of the annual budget. The incumbent advises leadership in the planning, coordination, and execution of the day-to-day strength, conditioning, injury prevention, and administrative operations. Additionally, consultation is provided in administrative, fiscal, procurement, personnel, management analysis and contracts management.

**SPECIAL REQUIREMENTS**

This position is designated NONCRITICAL SENSITIVE and requires the incumbent to obtain and maintain a Secret security clearance.

Employee must complete a pre-employment physical exam.

The incumbent must possess and maintain a valid state driver's license.

The incumbent may be required to work other than normal duty hours, which may include evenings, weekends, and/or holidays to support non-duty hour classes and events. Incumbent will be required to travel (CONUS Only). Periodic travel is required up to 20%.

A minimum of five years of strength and conditioning coaching and program development experience with Division 1, Collegiate, Professional, Olympic or Special Operations is required due to the complex and dynamic training demands that exist within the MARSOC community.

A Master's degree from an accredited university program in exercise physiology, kinesiology, exercise science, or other closely related field with curricula focused on the knowledge of comprehensive fitness assessments, physiological

adaptations to acute and chronic exercise, contraindications to exercise, and exercise program design is required.

Must possess and maintain current certification from the National Strength and Conditioning Association: Certified Strength and Conditioning Specialist (CSCS).

Knowledge of American College of Sports Medicine, National Strength and Conditioning Association and other accepted professional organizations to enhance effectiveness and credibility of assessment and educational programs is desired.

Highly desired that the employee maintains one or more of the following certifications:

- American College of Sports Medicine: Health Fitness Instructor (HFI)
- Certified Personal Trainer (CPT)
- Basic cardiopulmonary resuscitation (CPR)
- Automated External Defibrillator (AED) training.