

Company Overview

Stance Health is an innovative physiotherapy clinic where we focus on injury prevention, performance improvement, and pain management. We provide individualized treatment plans tailored to each patient's unique needs. Our technology-driven assessments and outcome-focused protocols ensure the highest quality of care. With an emphasis on long-term strength and recovery, we empower patients to achieve their best. At Stance Health, innovation, and science converge to promote optimal health and well-being.

Job Overview

We are seeking a highly motivated and experienced Strength and Conditioning Coach to develop and implement strength and conditioning programs for athletes and clients of all levels. The successful candidate will focus on improving athletic performance, reducing injuries, and enhancing overall fitness. You will work closely with individual athletes, teams, and fitness enthusiasts, applying evidence-based training methods to achieve peak physical performance.

Key Responsibilities

Program Design & Implementation: - Develop customized strength, conditioning, and recovery programs tailored to the needs of individual athletes and teams, considering sport-specific demands.

Injury Prevention & Rehabilitation Support: - Collaborate with medical professionals (e.g., physiotherapists) to incorporate sports-specific injury prevention, sports-specific RTS, and Sport-specific Performance Training into training routines.

Performance Tracking: - Assess and track the physical progress of athletes using performance tests, data analysis, and technology (e.g., wearables, fitness trackers) to adjust programs and maximize performance outcomes.

Education & Coaching: - Educate athletes and clients on proper exercise techniques, nutrition, and lifestyle habits that contribute to performance enhancement. Provide hands-on coaching to ensure proper form and safety.

Team Collaboration: - Work closely with coaching staff, sports scientists, nutritionists, and other professionals to integrate strength and conditioning efforts into broader athletic training programs.

Fitness Testing & Evaluation: - Conduct fitness assessments (e.g. max, body composition, speed/agility tests) to measure an athlete's fitness levels and readiness for competition or physical training.

Deftronin Technologies Private Limited First Floor, Building H1904, Plot # 1502, 19th Main, HSR Sector-1, Karnataka
Bangalore- 560102

Email: - Careers@stance.health

Web: - www.stance.health

Motivation & Mental Coaching: - Foster a motivating and positive training environment, encouraging athletes to reach their full potential while instilling discipline, perseverance, and mental toughness.

Required Skills & Qualifications

- Bachelor's degree in Kinesiology, B.Sc./M.Sc. Sports Science, Exercise Physiology, or related field (Master's preferred).
- Certification from recognized organizations such as NSCA (CSCS) or ASCA
- In-depth understanding of human movement, strength training, and conditioning techniques, including knowledge of functional exercises, Olympic lifts, plyometrics, and periodization.
- Strong interpersonal and communication skills to engage with athletes, coaches, and sports professionals effectively.
- Experience using fitness and performance tracking software, data analysis tools, and wearable technology to monitor progress and outcomes.

Preferred Qualifications

- 1-3 years of experience
- Experience working with professional or collegiate-level athletes.
- Familiarity with nutrition and recovery protocols for optimizing performance.
- Knowledge of sports psychology or experience in mental coaching.