



Jim Arthur enters his 20th NFL season and sixth with the Miami Dolphins after he was named assistant strength and conditioning coach on Jan. 25, 2016. He's helped the Dolphins to 10-win seasons in 2016 and 2020, the team's first since 2008.

Arthur worked 11 seasons (2005-15) with the strength and conditioning staff of the Chicago Bears, including seven as the team's strength and conditioning coach (2008-14). During his tenure, the Bears won the NFC in 2006 and advanced to the NFC Championship Game in 2010.

Prior to Chicago, Arthur spent three years (2002-04) as a strength and conditioning assistant with the Buffalo Bills, where he first worked with his mentor, Rusty Jones. He also interned at Louisiana Tech during the summer of 2001 and at Boston College while finishing his master's degree in 2002.

Arthur began his coaching career at his alma mater, Springfield College, working as a student assistant until his graduation in 2000. He was also a graduate assistant for two seasons, where he earned his master's degree in applied exercise science in 2002.

A native of Cheshire, Connecticut, Arthur and his wife, Kendra, have a son, Rhett.

JIM ARTHUR'S COACHING CAREER		
2000-01	Springfield College	Graduate Assistant
2002-04	Buffalo Bills	Strength and Conditioning Assistant Coach
2005-15	Chicago Bears	Assistant Strength and Conditioning Coach (2005-07; 2015) Strength and Conditioning Coach (2008-14)
2016-present	Miami Dolphins	Assistant Strength and Conditioning Coach