

FITNESS SPECIALIST

DEFINITION: Under general supervision, performs work of moderate difficulty in planning and conducting exercise and health education programs; participates in screening individual's medical histories and current health status to identify major health risk factors; provides exercise and fitness instructions; maintains fitness equipment; facilitates fitness-related education programs; performs related work as assigned.

ESSENTIAL FUNCTIONS: This list is ILLUSTRATIVE ONLY and is not a comprehensive listing of all functions and tasks performed by incumbent of this class.

TASKS:

Participates in exercise evaluations to include screening individual's medical histories and current health status to identify major risk factors; develops and implements exercise programs; develops and provides fitness-related educational programs and events; plans and facilitates group teaching and training to expand services and increase public awareness on diabetes and other chronic diseases; teaches group exercise and aerobic classes; assists participants in setting personal fitness goals and motivate them to adopt healthy lifestyles; monitors and evaluates the progress of individual and makes necessary adjustment in accordance with treatment plan; instructs individuals in proper use of exercise equipment; responsible for the maintenance of exercise equipment to include safety monitoring and periodic cleaning.

KNOWLEDGE, SKILLS AND OTHER CHARACTERISTICS:

Knowledge of principles and theory of exercise physiology.

Knowledge of health and fitness program design and implementation.

Knowledge of fitness training and education methods and techniques in area of specialty.

Knowledge of the operation and maintenance of fitness equipment and facilities.

Knowledge of basic life support, cardiopulmonary resuscitation (CPR), first aid and injury prevention techniques.

Skill in interacting with individuals from various social, economic, cultural and psychological backgrounds.

Skill in communicating effectively in oral and written form.

Skill in establishing cooperative work relationships with those contacted in the course of work.

Skill in the use of first aid procedures.

Ability to screen participants prior to participation in physical activity and to identify health problems that may require consultation with health professionals.

PHYSICAL REQUIREMENTS AND WORK ENVIRONMENT: Work involves a moderate exposure to unusual elements, unpleasant odors or loud noises and involves extensive physical activity.

MINIMUM QUALIFICATIONS:

- A Bachelor's degree in Physical Education, Exercise Science or related field; and one (1) year of physical fitness and wellness education experience; or an equivalent combination of education and experience.

Special Requirements:

- Possess a Cardiopulmonary Resuscitation (CPR) and First Aid Certificate.

PREFERRED QUALIFICATIONS:

- Two (2) years of physical fitness and wellness education experience which includes special populations.

THE NAVAJO NATION

Class Code: 3724
Community Education and Counseling Series
Health Education Group
Overtime Code: Exempt
Pay Grade: 62

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Depending upon the needs of the Nation, some incumbents of the class may be required to demonstrate fluency in both the Navajo and English languages as a condition of employment.