Title: Fitness Specialist

Pay Scale Group: 15

Essential Function

Under general supervision from a designated administrator, develop fitness assessment protocols for University Fitness: research, design, and implement specialty classes/programming for high-risk and/or healthy individuals; develop, plan, implement and evaluate on-site and off-site health awareness/incentive activities.

Characteristic Duties

- Develop fitness assessment protocol, policy and procedures, for University Fitness members and participants.
- Perform fitness assessments to include sub maximal exercise testing, flexibility, muscular strength, blood pressure, kinetic/postural assessments.
- Manage and provide health awareness/education, exercise demonstration, and fitness assessments for on and off site health awareness events and presentations.
- Create, design, implement and evaluate incentive and health promotion.
- Perform pre-screening & orientation appointments following current American College of Sports Medicine (ACSM) Guidelines.
- Perform personal training specific to client goals and assist in proper progression.
- Develop and instruct individual and group fitness classes to high risk individuals (including research subject populations) and/or healthy individuals following ACSM Guidelines.
- Aid in the design of all related marketing materials.
- Supervision of fitness center: money collections, equipment maintenance/light repair, cleaning and accommodating member needs.
- Data management.
- Perform related duties based on departmental need.

Minimum Qualifications

- Bachelor’s degree with three (3) years experience; -OR- Associate’s degree with five (5) years experience; -OR- seven (7) years experience. Degree must be in Exercise Science, Health Promotion or related field. Certified by the National Strength and Conditioning Association, the American College of Sports Medicine, or the American Council on Exercise.

Last updated: August 2007

An affirmative action/equal opportunity institution