



Park Hill School District

Building Successful Futures • Each Student • Every Day

Position Description

POSITION TITLE: Fitness Specialist

F.L.S.A. Non-exempt

REPORTS TO: Health Enhancement Coordinator

TERMS OF EMPLOYMENT: Year Round (261 Days), but work hours will be flexible, determined by need, and likely to be less in the summer

QUALIFICATIONS:

- Minimum of one year in a health related field
- Bachelor degree in Exercise Science or Kinesiology required
- Group Exercise certification required
- Ability to demonstrate & model various strength, flexibility and conditioning activities
- Personal fitness trainer certification preferred

PERFORMANCE RESPONSIBILITIES:

1. Conduct fitness assessments according to protocol established by the Health Enhancement Coordinator.
2. Provide exercise programs for members.
3. Assist members by demonstrating proper technique and information in accordance with the American College of Sports Medicine.
4. Teach group exercise classes as directed by the Health Enhancement Coordinator.
5. Assist with operation and maintenance of fitness center.

OTHER PERFORMANCE RESPONSIBILITIES:

1. Attend all meetings as required.
2. Other duties as assigned by the Health Enhancement Coordinator.