

SUBJECT: Position Description – Fitness Trainer/Outreach Grade 7 / \$22.19-\$28.85	REFERENCE
	PAGE: 1 OF: 2
Supervised by: Blackfeet Tribal Health Diabetes Director	EFFECTIVE:
DEPARTMENT: Blackfeet Tribal Health Diabetes Program	
APPROVED BY:	REVISED:

SUMMARY:

Under the supervision of the Blackfeet Tribal Health Program (BTHDP) Director the Fitness Trainer/Outreach will provide comprehensive fitness and condition programs for patients, evaluate physical condition of patients and implement treatment plan(s) as appropriate. They will also develop customized conditioning programs to meet individual needs. They will collaborate with other Tribal Health System programs and IHS Diabetes Program.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Designs and implements a wide range of fitness and conditioning programs for patients; designs customized plans to meet individual needs.
- Counsels and advises patients on conditioning and training matters.
- Supervises safety factors of patient competition by ensuring elimination of undue hazards. Maintains appropriate records for patients.
- Explain and encourage people to use the SPHC exercise facility.
- Assists with organizing and implementing classes for patient teaching.
- Participates in in-services education programs.
- Provides basic health surveillance to client's blood pressure, glucose testing, weight awareness, need for exercise.
- Consults with physician and carries out delegated medical orders.
- Maintains appropriate records and submits required reports.
- Participate in health promotion/disease prevention activities.
- Develop exercise classes for elderly, diabetics, heart problem clients, and overweight individuals.
- Assists individuals with individual health fitness, health education.
- Provides appropriate safety instruction and makes safety checks and cleans exercise equipment and exercise/fitness areas.
- Assists in the coordination of community health exercise/fitness activities, i.e., health fairs, family fitness events, fun runs, organizationally sponsored events, ect.
- Participate and assists in all activities involving exercise/fitness within the community i.e., schools, IHS, etc.
- Provide community education and awareness in the exercise/fitness health area.
- Assist in the coordination of community based exercise/fitness activities and events.
- Performs miscellaneous job-related duties as assigned.

KNOWLEDGE, SKILLS AND ABILITIES REQUIRED:

- Ability to react calmly and effectively in emergency situations.
- Ability to design and implement effective fitness, and conditioning programs for patient/clients.
- Ability to communicate technical information to non-technical personnel.
- Records maintenance skills.
- Knowledge of the physical fitness program equipment, which will enable the incumbent to instruct patients on their proper use.

SUBJECT: Position Description – Fitness Trainer/Outreach Grade 7 / \$22.19-\$28.85	REFERENCE
	PAGE: 2 OF: 2
Supervised by: Blackfeet Tribal Health Diabetes Director DEPARTMENT: Blackfeet Tribal Health Diabetes Program	EFFECTIVE:
APPROVED BY:	REVISED:

- Ability to develop physical/exercise fitness programs to meet the needs of the elderly, diabetics, heart problem patients and overweight individuals.
- Ability to motivate and encourage community members to become involved in their personal health well-being.

COMPLEXITY:

Assignments involve a sequence of duties and/or processes that the incumbent can follow without assistance. It is very important recordkeeping is accurate. Incumbent will need to be punctual and consistent as the position requires the projection of a positive image in exercise/fitness and timeliness is an important element in accomplishing the duties and responsibilities of the position. Work requires ability to develop good public relations. Will be required to work flexible hours including early, late and weekends.

PHYSICAL DEMANDS:

Work requires long periods of exercising, extensive walking, bending, walking, and aerobics, carrying of supplies needed. Work also requires constant listening and talking to patient/clients. Other demands are bending, lifting, stooping, stretching, and similar activities to aid or assist in exercise/fitness of elderly and/or handicapped individuals. Requires handling of average-weight objects up to 50lbs or standing and/or walking for more than (4) per day.

WORK ENVIRONMENT:

Most of work will be performed at an exercise facility; some work will be in the community rural setting, etc., Moderate physical activity.

REGULATORY REQUIREMENTS:

- High School Diploma/GED Certificate
- Fitness Trainer Certification or able to acquire within 1 year of being hired.
- Experience that is directly related to the duties and responsibilities specified.
- CPR and First Aid Certified or completion within 1 year of being hired for this position