

## Fitness Associate Teacher

### Job Description

We are looking for an energetic and highly motivated individual who will assist and supervise various fitness and health related classes to children in pre-k through 6th grade. You will assess the physical and health conditions of students, help create appropriate fitness, sports/exercise plans and monitor their improvement. You will also explain applicable safety rules and regulations (e.g. use of equipment and activity rules). *Ultimately, you will help our students have fun and improve their health through exercise and fitness!*

### Job Requirements

- Previous work experience as a fitness trainer, coach, or similar role is preferred
- Knowledge of diverse exercises and how to adjust plans according to each student's needs
- Ability to instruct and motivate people
- Excellent communication skills
- Teamwork
- CPR and First Aid training experience is beneficial, but will be provided by the school
- Keep parents informed, through the head teacher, about the child's progress
- Promote fitness activities that become life-time interests

### Educational Philosophy

The Associate Physical Fitness Teacher should develop teaching practices that reflect the following principles:

1. Each child is unique, and their special qualities and interests must be considered in determining teaching and learning strategies
2. The importance of experiential learning
3. Learning should extend into the community
4. The learner should compare their progress to their own past performance rather than to the performance of their peers
5. The reward of learning should be a feeling of accomplishment rather than an extrinsic reward
6. Children should find what they are learning interesting and personally satisfying
7. The classroom environment should provide ample opportunity for a child to develop qualities such as a sense of fairness, support for others, sensitivity toward the needs of others, problem solving abilities and leadership skills
8. As feelings of self-esteem affect learning, teachers must guide children in social interactions when necessary

**Instructional practices should reflect:**

1. The principles of child development
2. An experiential approach to teaching fitness
3. Strategies for individualizing instruction
4. Techniques for leading discussions and for asking guiding questions to generate learning activities as well as a period of reflection in order to draw relevance from an activity
5. Ways to help children understand that they have the right and ability to choose their level of challenge
6. An emotionally safe atmosphere, where children take risks, speak for themselves and push themselves to their own personal limits

**Hours:** 7:15-3:15 / Tuesday-Friday / Salary: \$24,000+

Salary could also be more than that if available to sub on Mondays and Extended Days Tuesday-Friday. Could also be on the list to cover for VCC and the Summer Program and teaching an After School program is a possibility as well, which could be an additional \$8,000.

\*Based on fitness schedule, will be called upon to do other classroom coverage/subbing/assisting the Office Manager. We won't have the schedule until the 2022-2023 Special Area Schedule is solidified.