

DINUBA UNIFIED SCHOOL DISTRICT

CLASS TITLE: FITNESS CENTER MONITOR

BASIC FUNCTION:

Under the direction of the Principal or designee; provide overall supervision of the District's Fitness center, athletic team workouts, students and facility; prepare lesson plans and instruct individuals and groups in fitness and conditioning workout activities; observe and control behavior of students according to established procedures; provide technical support concerning Fitness Center conditioning program operations.

REPRESENTATIVE DUTIES:

ESSENTIAL DUTIES:

Provide overall supervision of the District's Fitness Center, athletic team workouts, students and facility; provide consultation, and assistance to students, coaches and staff involved with athletic team programs and services.

Screen and observe students during Fitness Center activities; observe and control behavior of students according to established procedures.

Perform fitness assessments and assess individual students concerning conditioning programs to meet individual student needs; assess and document skills and development.

Observe and control behavior of students according to established procedures; explain, interpret and implement established District, rules, policies, procedures and regulations related to Fitness Center operations and activities.

Communicate with coaches, students, parents and administrators regarding training needs, fitness programs, activities and appropriate modifications.

Operate a variety of office equipment such as a printer, a computer and assigned software.

Operate and utilize a variety of Fitness Center and athletic conditioning equipment.

Perform a physical inventory of Fitness Center equipment and supplies; order equipment and supplies as necessary and arrange for equipment repairs as needed.

Attend and participate in meeting, conferences and workshops related to assigned programs

Administer basic first aid and CPR as needed.

OTHER DUTIES:

Perform related duties as assigned.

KNOWLEDGE AND ABILITIES:

KNOWLEDGE OF:

Fitness Training, Personal Training or Weightlifting Training guidelines, regulations, laws, policies and procedures related to assigned duties.
Basic instructional methods and techniques.
Child guidance principles and practices
Record-keeping techniques.
Correct English usage, grammar, spelling, punctuation and vocabulary.
Inventory methods and practices.
Operation of standard office equipment.
Oral and written communication skills.

ABILITY TO:

Provide Fitness Training, Personal Training or Weightlifting Training services to assigned students and athletic teams.
Prepare lesson plans and instruct students in individual and group conditioning activities.
Screen and observe students during workout activities.
Monitor and evaluate student progress.
Perform clerical duties related to Fitness center activities. .
Operate standard office machines including a computer and others.
Utilize a variety of Fitness Center and athletic conditioning equipment.
Communicate effectively both orally and in writing.
Establish and maintain cooperative and effective working relationships with others.
Maintain routine records.
Read, interpret, apply and explain rules, regulations, policies and procedures.
Maintain current knowledge of program rules, regulations, requirements and restrictions.
Work independently with little direction.
Plan and organize work.

EDUCATION AND EXPERIENCE:

Any combination equivalent to: associate's degree in physical education, personal training, exercise science or kinesiology and sufficient training and experience to demonstrate the knowledge and abilities listed above.

LICENSES AND OTHER REQUIREMENTS:

Valid Fitness Training, Personal Training or Weightlifting Training certificate issued by a nationally recognized school or agency.
Valid First Aid and CPR certifications issued by an authorized agency.

WORKING CONDITIONS:

ENVIRONMENT:

Fitness Center/indoor environment.

PHYSICAL DEMANDS:

Sitting or standing for extended periods of time.

Seeing to monitor students and read a variety of materials.

Hearing and speaking to exchange information and make presentations.

Lifting, carrying, pushing and pulling moderately heavy objects.

Bending at the waist, kneeling or crouching to assist students.

Dexterity of hands and fingers to demonstrate activities and operate assigned Fitness Center and related equipment.

Employee _____ Date _____

The above statements are intended to describe the general nature and level of work being performed. They are not intended to be construed as an exhaustive list of all responsibilities, duties, and skills required of personnel so classified.

Board Approved: March 9, 2017