



Quality staff is key to a quality program. Trained staff implement and administer the exercise program. Staffing requirements depend on hours of operation, equipment and number of patients. New referrals require a 45-60 minute initial assessment and one on one attention from staff. Initial visits are scheduled when the center has the least number of patients in attendance. Once patients are established in the program, the staff to patient ratio may be as high as one staff member to six to eight patients.

RECOMMENDED STAFF REQUIREMENTS

- BA/BS in exercise science or sports medicine, kinesiology, etc.
- CPR Certified
- Strong interest and/or experience with an exercise program.
- Computer skills; Microsoft Excel and Word specifically.
- Understand that their primary responsibility is to serve the patient.
- Comfortable working with the geriatric population.
- Enhance camaraderie among patients creating an atmosphere of encouragement and inspiration.

EXPECTATIONS AND RESPONSIBILITIES

- Demonstrate the knowledge and skill to accurately evaluate the physical function and level of fitness of an individual. Identify and prioritize the physical fitness needs of each patient.
- Demonstrate the ability to appropriately apply the components of the FSFL program to address the individual fitness needs of each patient.
- Establish a relationship with each new patient to structure an exercise program, compatible with their personality, attitude and level of fitness.
- Establish realistic, achievable goals that the patient creates with staff's guidance and encouragement.
- Supervise, monitor and progress patient's exercise variety and intensity to maximize benefit.
- Maintain patient confidentiality.
- Maintain cleanliness of center and equipment.
- Participate in case studies and respond within the time limit.
- Review staffing patterns and recommend changes, as necessary.
- Serve as liaison between FSFL and the referring physician and his staff.
- Assess equipment needs of facility and maintain equipment.
- Monitor efficiency of facility and adjust staffing to optimally accommodate patients.
- Modify and add exercise components to maximize effectiveness of program.
- Ensure adequate staffing is provided to maximize the benefit and safety for FSFL patients.

ENHANCED SKILLS

- ACSM Health Fitness Specialist Certified.
- ACSM CET certified or eligible to become CET certified.
- Leadership or management experience.

Please send resume to job@fitstepsforlife.org