

## UW HEALTH JOB DESCRIPTION

### EXERCISE SPECIALIST-FITNESS

<b>Job Code:</b> 930018	<b>FLSA Status:</b> Non-Exempt	<b>Mgt. Approval:</b> D. Lahey	<b>Date:</b> January 2024
<b>Department:</b> Auxiliary - Fitness and Aquatics		<b>HR Approval:</b> J. McCoy	<b>Date:</b> January 2024

### JOB SUMMARY

Under the direction of the Exercise Specialist Supervisor or Fitness Supervisor, this position is responsible to assist in the operation of the UW Health Sports Medicine Fitness Center or East Madison Hospital (EMH) Fitness Gym.

Responsibilities in the daily operation include evaluating and developing exercise programs for participants, orienting new participants to the rules of the facility, staffing the fitness center/gym floor, demonstrating proper use of the equipment, and assisting in maintaining the general upkeep of the equipment, locker rooms, and facility.

Some internal and external contact relationships are involved in performance of the duties of this position. The Exercise Specialist interacts with employees of UW Clinics - Research Park and East Madison Hospital (physicians, managers, peers, clerical and support staff). External relationships which may be associated to this position include referring physicians and health care providers within and outside of the UW Health system, local and regional recreational community, service clubs, and local media.

### MAJOR RESPONSIBILITIES

- A. Supervise daily activities of the Fitness Center or EMH Fitness Gym:
- Manage new member appointments scheduled during each shift. Intent of these appointments includes interpreting fitness assessment scores; providing an overview of exercise program; answering questions; and providing additional guidance.
  - Assessing hemodynamic status when needed.
  - Providing emergency care as needed.
  - Reviewing exercise programs.
  - Reviewing proper usage of exercise equipment.
  - Overseeing the fitness center floor or EMH fitness gym to ensure safe and appropriate use of equipment.
  - Assisting members with special needs.
  - Assisting members with sign up for equipment.
- B. Conduct initial interviews and evaluate new members in order to develop appropriate exercise prescriptions for apparently healthy individuals and individuals with special physical, emotional and social needs.
- C. Demonstrate knowledge of proper exercise guidelines for low, moderate and high-risk populations and modify exercise prescriptions due to changes in conditioning, medical status, medications or environmental conditions.
- D. Educate participants in principles of exercise theory, progression of programs, and realistic goal setting.
- E. Orient new participants to the rules of the facility.
- F. Demonstrate proper use of exercise equipment and exercise modalities.
- G. Maintain the general upkeep of the equipment, locker rooms and facility.
- H. Assume other duties deemed appropriate by the Fitness Center Coordinator or Manager.

**The incumbent performs the following clinical responsibilities:**

- Risk assessment to determine appropriateness of participation in the program.
- Administer submaximal exercise tests on low and moderate risk populations.
- Administer tests of flexibility, strength and body composition on a wide variety of participants.
- Demonstrate mastery in the use of testing equipment, protocol selection, indications and contraindications, and termination criteria for exercise testing.
- Record, analyze, and interpret results of tests and prepare appropriate exercise prescriptions.

**ALL DUTIES AND REQUIREMENTS MUST BE PERFORMED CONSISTENT WITH THE UW HEALTH PERFORMANCE STANDARDS.**

### JOB REQUIREMENTS

Education	Minimum	Bachelor's Degree in Exercise Physiology, Kinesiology or related field
	Preferred	
Work Experience	Minimum	Experience developing and teaching exercise programming to adults

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	Preferred	<ul style="list-style-type: none"> <li>Previous healthcare experience</li> <li>Computer experience with Microsoft Office Suite</li> </ul>		
Licenses & Certifications	Minimum	Current CPR/AED certification.		
	Preferred			
Required Skills, Knowledge, and Abilities		<ul style="list-style-type: none"> <li>Ability to work with a wide variety of participants and patients (age range 12 - 85+ years)</li> <li>Excellent interpersonal and communication skills</li> </ul>		
<b>AGE SPECIFIC COMPETENCY (Clinical jobs only)</b>				
Identify age-specific competencies for direct and indirect patient care providers who regularly assess, manage and treat patients.				
<b>Instructions:</b> Indicate the age groups of patients served either by direct or indirect patient care by checking the appropriate boxes below. Next,				
	Infants (Birth – 11 months)	<input checked="" type="checkbox"/>	Adolescent (13 – 19 years)	
	Toddlers (1 – 3 years)	<input checked="" type="checkbox"/>	Young Adult (20 – 40 years)	
	Preschool (4 – 5 years)	<input checked="" type="checkbox"/>	Middle Adult (41 – 65 years)	
<input checked="" type="checkbox"/>	School Age (6 – 12 years)	<input checked="" type="checkbox"/>	Older Adult (Over 65 years)	
<b>JOB FUNCTIONS</b>				
Review the employee's job description and identify each essential function that is performed differently based on the age group of the patient.				
<b>PHYSICAL REQUIREMENTS</b>				
<b>Indicate the appropriate physical requirements of this job in the course of a shift.</b> <i>Note: reasonable accommodations may be made available for individuals with disabilities to perform the essential functions of this position.</i>				
<b>Physical Demand Level</b>		<b>Occasional</b> Up to 33% of the time	<b>Frequent</b> 34%-66% of the time	<b>Constant</b> 67%-100% of the time
	<b>Sedentary:</b> Ability to lift up to 10 pounds maximum and occasionally lifting and/or carrying such articles as docket, ledgers and small tools. Although a sedentary job is defined as one, which involves sitting, a certain amount of walking and standing is often necessary in carrying out job duties. Jobs are sedentary if walking and standing are required only occasionally and other sedentary criteria are met.	<b>Up to 10#</b>	<b>Negligible</b>	<b>Negligible</b>
	<b>Light:</b> Ability to lift up to 20 pounds maximum with frequent lifting and/or carrying of objects weighing up to 10 pounds. Even though the weight lifted may only be a negligible amount, a job is in this category when it requires walking or standing to a significant degree.	<b>Up to 20#</b>	<b>Up to 10#</b> or requires significant walking or standing, or requires pushing/pulling of arm/leg controls	<b>Negligible</b> or constant push/pull of items of negligible weight
<input checked="" type="checkbox"/>	<b>Medium:</b> Ability to lift up to 50 pounds maximum with frequent lifting and/or carrying objects weighing up to 25 pounds.	<b>20-50#</b>	<b>10-25#</b>	<b>Negligible-10#</b>
	<b>Heavy:</b> Ability to lift up to 100 pounds maximum with frequent lifting and/or carrying objects weighing up to 50 pounds.	<b>50-100#</b>	<b>25-50#</b>	<b>10-20#</b>
	<b>Very Heavy:</b> Ability to lift over 100 pounds with frequent lifting and/or carrying objects weighing over 50 pounds.	<b>Over 100#</b>	<b>Over 50#</b>	<b>Over 20#</b>
List any other physical requirements or bona fide occupational qualifications:				

Note: The purpose of this document is to describe the general nature and level of work performed by personnel so classified; it is not intended to serve as an inclusive list of all responsibilities associated with this position.