

## UW HEALTH JOB DESCRIPTION

### EXERCISE SPECIALIST – PERSONAL TRAINER

<b>Job Code:</b> 930020	<b>FLSA Status:</b> Non-Exempt	<b>Mgt. Approval:</b> D.Scherschel	<b>Date:</b> 1.2017
<b>Department :</b>		<b>HR Approval:</b> CMW	<b>Date:</b> 1.2017

#### JOB SUMMARY

The Exercise Specialist- Personal Trainer is responsible for coaching one on one and small group training sessions, combining clinical expertise with fitness knowledge to work with adults who are inactive, have medical risk factors, and/or low fitness levels and assist them in achieving their fitness goals and improving their overall health.

#### MAJOR RESPONSIBILITIES

1. One on One and Small Group Training
  - a. Develop effective, results oriented training plan with appropriate variety and progression
  - b. Motivate patient/participant to adhere to their training program based on patient/participant goals
  - c. Understand participants medical history, risk factors, exercise history and provide a safe and effective program.
  - d. Be observant to patient/participant needs and modify as warranted. Correct technique to minimize injury and improve fitness
  - e. Maintain accurate records of training sessions goals and progression
2. Fitness Assessment and prescriptions
  - a. Perform initial fitness testing and assessments
  - b. Develop exercise prescription/plan based on patient/participant goals, assessment and testing, to improve overall health and fitness with measurable outcomes
  - c. Periodically review plan with participant and track progress
3. Collaborative Care
  - a. Work with Health care team to meet patient/participant goals.
  - b. Adhere to all HIPPA guidelines regarding patient/participant confidentiality
  - c. Promote Center for Wellness Programs as well as personal training services.
  - d. Provide exercise sessions and expertise for other Wellness classes and program.
4. Preparation
  - a. Observe, practice, research or study as necessary to acquire and develop skills to work with patient/participant
  - b. Maintain CEC's of National Certifications
  - c. Arrive at least 10 minutes prior to session to set-up equipment and greet patients/participants
  - d. Start and end sessions on time

**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	Three (3) years of experience in the Health and Fitness Field
	Preferred	Three (3) years of personal training
Licenses & Certifications	Minimum	<ol style="list-style-type: none"> <li>1. Nationally accredited Personal Training Certification such as American College of Sports Medicine (ACSM), American Council on Exercise (ACE), National Strength and Conditioning Association (NSCA) or Aquatic Personal Training Specialist Certification or other approved and accredited certifications.</li> <li>2. CPR certification</li> </ol>
	Preferred	
Required Skills, Knowledge, and Abilities		<ul style="list-style-type: none"> <li>• Demonstrated customer service or patient relation skills and verbal communication skills</li> <li>• Demonstrated ability to coach an individual or small group</li> <li>• Positive leadership attitude and skills</li> <li>• Good personal fitness level</li> <li>• Ability to independently manage work load.</li> <li>• Willingness to work a variety of hours including evenings.</li> <li>• Excellent organizational skills and attention to details</li> </ul>

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### AGE SPECIFIC COMPETENCY (Clinical jobs only)

Identify age-specific competencies for direct and indirect patient care providers who regularly assess, manage and treat patients.

**Instructions:** 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)		Adolescent (13 – 19 years)
	Toddlers (1 – 3 years)		Young Adult (20 – 40 years)
	Preschool (4 – 5 years)		Middle Adult (41 – 65 years)
	School Age (6 – 12 years)		Older Adult (Over 65 years)

### JOB FUNCTIONS

Review the employee's job description and identify each essential function that is performed differently based on the age group of the patient.

### PHYSICAL REQUIREMENTS

**Indicate the appropriate physical requirements of this job in the course of a shift.** *Note: reasonable accommodations may be made available for individuals with disabilities to perform the essential functions of this position.*

Physical Demand Level	Occasional Up to 33% of the time	Frequent 34%-66% of the time	Constant 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
X <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:	Ability to demonstrate exercise technique and perform associated physical activities.		

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.