

Job Description

Job Title:	21 st Century Physical Trainer
Employment Location:	Circle of Nations School (CNS) Keeble Hall and Jim Thorpe Fitness Center 832 North 8 th Street Wahpeton, ND 58075
Department:	21 st Century Grant (21CCLC)
Immediate Supervisor:	21 st Century Director
Pay Status:	Non-Exempt
Calendar Classification:	9 Month Staff
Terms of Employment:	Salary and work year to be established by the school board in compliance with the 21 st Century grant position guidelines. Duty hours not to exceed 15 hours per week.
Evaluation:	Performance of this job will be evaluated in accordance with the provisions of the school board's policy on evaluation of staff personnel.
Education/Qualifications:	Bachelor's degree in related field preferred, Associate's or equivalent certification required, CPR, AED and First Aid Certification. Must possess a valid driver's license.

Physical Trainer Position Duties and Responsibilities:

- Provide physical fitness activities to accomplish objectives established by Circle of Nations 21st Century Grant.
- Maintain operations and cleanliness of the Jim Thorpe Fitness Center in the after-school and weekend hours.
- Ability to motivate and engage students in physical activities.
- Provide individualized age and stage appropriate wellness plans to students through targeted activities.
- Maintain documentation and progress monitoring data on individual students.
- Provide small group age appropriate weekend fitness classes to students to promote physical health and wellness.
- Documentation of student participation and data collection on student groups.
- Ability to produce goals for self and students based off of needs assessment and other data.
- Take necessary and reasonable precautions to protect students, equipment, materials, and facilities.
- Attend departmental meetings as well as any others deemed necessary by the 21st Century Director.
- Perform other duties as assigned by the 21st Century Director.

Physical Activity: Employee will be required to stoop, kneel, stand, walk, sit, lift, speak, and hear.

Physical Requirements: Employee shall be able to exert up to 20 lbs. of force occasionally and up to 10 lbs. of force frequently to lift, push, pull, carry or otherwise move objects, including the human body.

Mental Requirements: Employee shall be able to appropriately adapt to mildly stressful and/or emotional situations.

Working Conditions: Worker is subject to activities that occur indoors and outdoors. Outside temperatures range from below 32 degrees to above 75 degrees.

Note: The signatures below indicate that the employee and administrator have discussed the elements of this job description. Employee signature indicates an understanding of the job description and an understanding that his/her job performance will be evaluated based upon these criteria.

Employee

Date

Supervisor

Date