

**THE NAVAJO NATION**  
**Department of Personnel Management**  
**JOB VACANCY ANNOUNCEMENT**

REQUISITION NO: DOH0639644

Date Posted: 07/06/09

POSITION NO: 241117

Closing Date: 07/17/09

CLASS CODE: 3724

POSITION TITLE: Fitness Specialist

DEPARTMENT NAME: Navajo Nation Special Diabetes Program - Window Rock Wellness Center

DEPARTMENT NO: 63 WORKSITE LOCATION: Window Rock, Arizona

WORKS DAYS/HOURS: POSITION TYPE: GRADE: N620A

Days: Monday - Saturday

Permanent:

SALARY:

Hours: Flex

Temporary:

Duration: \_\_\_\_\_ \$ 30,950.40 Per Annum

Part-Time:

No. of Hrs/Wk: 40 \$ 14.88 Per Hour

**DUTIES AND RESPONSIBILITIES:**

Provide exercise and fitness instruction with design for the wellness center clientele. Participates in exercise evaluations to include screening individual's medical histories and current health status to identify major risk factors. Develops and implements exercise programs; develops and provides fitness-related educational programs and events. Plans and facilitates group teaching and training to expand services and increase public awareness on diabetes and other chronic diseases.

Maintain fitness equipment, assist the wellness center participants with fitness related inquiries and equipment. Utilize latest health, fitness scientific and medical knowledge in providing and evaluating health and fitness services.

Schedule appointment, process membership agreements and perform other administrative duties as assigned by the Physical Wellness Coordinator.

**QUALIFICATION REQUIREMENTS:**

**Education and Training:**

A Bachelor's degree in Physical Education, Exercise Science or related field; and one (1) year of physical fitness and wellness education experience; or an equivalent combination of education, training and experience which provides the capabilities to perform the described duties. *(To receive full credit for education/training applicant must submit copies of college transcript, certificates, diploma, etc.)*

**Special Knowledge, Skills and Abilities:**

- Knowledge of principles and theory of exercise physiology.
- Knowledge of the principles and practices of providing health education services.
- Knowledge of communicable diseases and prevention.
- Knowledge of available health and public resources in the community.
- Skill in detecting and affects of various health and disease issues.
- Skill in interacting with clients/patients.

**License/Certification Requirements:**

Must possess a CPR and First Aid Certificate.

**VETERANS' PREFERENCE APPLIES**

**THE NAVAJO NATION GIVES PREFERENCE TO ELIGIBLE AND QUALIFIED APPLICANTS IN ACCORDANCE WITH THE NAVAJO PREFERENCE IN EMPLOYMENT ACT.**

*Revised: 1-15-99*