

Position Announcement

TITLE OF POSITION: Fitness Specialist

LOCATION OF POSITION: Richmond, VA

DATE POSITION ANNOUNCED: June 24, 2010

SUMMARY OF POSITION: The Health Fitness Specialist (“Specialist”) uses specialized educational experience and training combined with independent judgment to ensure quality in all areas of the Fitness Center, including but not limited to, exercise program design, fitness testing, nutritional advice, customer service, group exercise, and other Fitness Center and/or departmental initiatives. The Specialist reports to the facility Manager.

REQUIREMENTS:

- Bachelor's degree in a health-related field from four-year college/university
- Internship in a corporate fitness setting preferred
- Six months to one year of experience in the field preferred
- Ability to teach basic core and muscle conditioning group fitness classes
- Ability to safely and accurately prescribe exercise for a variety of populations using ACSM guidelines
- ACSM Health/Fitness Specialist Certification preferred; other industry-related certifications (CPT, CSCS, etc) acknowledged
- Current CPR/AED/First Aid certification required
- Successful passage of drug screen and background check

RESPONSIBILITIES:

- Assesses health status of members, ranging from apparently healthy to high risk, to provide exercise and other wellness-related counsel/recommendations unique to each individual
- Creates educational and program-specific print materials
- Teaches group exercise classes onsite
- Supervises fitness center and uses educational background and other relevant training to accurately and safely answer member questions related to health, fitness, and wellbeing
- Implements and participates in NIFS and client-led programs and services
- Assists with marketing programs and services to members and other employees/residents of the client
- Establishes an ongoing positive and professional rapport with members
- Supports special events (e.g., races, charity walks) during business and non-business hours as needed
- Cross-trains to learn some responsibilities of other full time staff onsite
- Partners with other staff to help clean equipment and other areas of the facility as needed

STATUS: OPEN

FOR MORE INFORMATION ON THIS POSITION: Email resume with cover letter to Roxanne Musselman at Roxanne.musselman@anthem.com.