



## JOB DESCRIPTION

### JOB TITLE

Stay Active and Independent for Life (S.A.I.L.) Exercise Class Instructor

### ACCOUNTABILITY

Reports to: Site Director (site: facility where SAIL class is held) and SAIL class external funder, if applicable.

### BASIC FUNCTION

Provides a safe, effective and enjoyable SAIL 1- hour class for up to 20 seniors three times per week.

### DUTIES AND RESPONSIBILITIES

#### *Professional Responsibilities*

1. Teaches a 1 hour SAIL class 3 times per week, in accordance with the 2-day SAIL training
2. Performs baseline Fitness Checks on all new participants, and regular Fitness Checks thereafter in accordance with the funder's requirements (usually twice per year for each participant).
3. Regularly surveys the class to ensure that all participants are getting the maximum benefit from the class.
4. Takes an active role in evaluating the class to ensure that standards continue to be met over time.
5. Is available on a regular basis, either before or after class, for participants with individual questions or concerns.
6. Maintains close communication with Site Director to ensure regular time and location of class, and adequate signage if required.
7. Implements correct paperwork protocols, in accordance with SAIL training and site/funder's requirements, and stores participant information in secure location.
8. Ensures safe physical set-up of classroom, including access to water and a telephone.
9. Maintains good communication with custodian and other staff at site to ensure smooth running of class.
10. Ensures safe storage and correct use of SAIL equipment.

#### *Interpersonal Responsibilities*

1. Reliability
2. Confidentiality
3. Mutual supportiveness
4. Respect
5. Stewardship
6. Integrity
7. Compassion
8. Adaptability

### TYPE AND RECENCY OF EDUCATION; MINIMUM REQUIREMENTS

1. Must have completed the minimum level of post-high school education to meet qualifications for national adult fitness or exercise certification examination by one of the organizations listed in the licensure/other requirements section, or
2. Must have completed an Associate, Bachelors or Masters degree in Exercise Science, Athletic Training, Physical Education, Occupational Therapy, Physical Therapy, or Recreational Therapy
3. Must have attended and completed the entire 2-day SAIL training.

### TYPE AND RECENCY OF JOB-RELATED EXPERIENCE; MINIMUM REQUIREMENTS

1. A minimum of one year teaching an adult group exercise class; fitness/exercise experience with adults age 65+ is preferred.
2. A minimum of one year of related employment to delivering services to adults 65+ is preferred.

### JOB KNOWLEDGE AND SKILLS: MINIMUM REQUIREMENTS

1. Must be able to read, write and speak clearly in the English language.
2. Must be able to communicate and motivate effectively.
3. Must have a knowledge of the aging process and common medical conditions found in the senior population.
4. Must have a caring personality and must care specifically about the health and well-being of seniors.

### PHYSICAL REQUIREMENTS

1. Must of sufficient health and fitness to teach a one hour fitness class 3 times per week, using up to 5lbs of adjustable cuff ankle and wrist weights, by demonstrating and carrying out all exercises in the SAIL program both sitting and standing.
2. Must be able to perform all SAIL exercises sitting and standing, and perform all fitness checks with participants.
3. Must be able to lift a minimum of 8lbs.
4. Must be able to read, write, speak, and to see and hear other persons clearly within a large facility room with a minimum capacity of 21 people.
5. Must be able to lift, push, pull class related furniture and equipment with a minimum weight of 25 lbs.

### WORKING CONDITIONS

Must be prepared to work in a variety of community and residential settings, including but not restricted to, senior centers, fitness centers, community centers etc.

### LICENSURE REQUIREMENTS AND/OR OTHER REQUIREMENTS

One or more of the following credentials:

- National Fitness/Exercise Certification or
- Eligibility and commitment to obtain a national fitness/exercise/personal trainer certification within timeline determined by employer or funder thru community colleges or YMCA's for local courses, or one of the following organizations on the web:
  - American Senior Fitness Association ([www.seniorfitness.net](http://www.seniorfitness.net)),
  - American College of Sports Medicine ([http://www.acsm.org//AM/Template.cfm?Section=Home\\_Page](http://www.acsm.org//AM/Template.cfm?Section=Home_Page))
  - American Council on Exercise (<http://www.acefitness.org/>) on the web)
- Must have current Adult CardioPulmonary Resuscitation certification
- Other experience/qualifications to be reviewed and approved on an individual basis by the NorthWest Orthopaedic Institute and /or employer.