

Position Announcement

TITLE OF POSITION: Healthy Lifestyle Coordinator

LOCATION OF POSITION: Indianapolis, IN

DATE POSITION ANNOUNCED: May 1, 2019

SUMMARY OF POSITION: NIFS is seeking a personable, energetic, outgoing, self-motivated Healthy Lifestyle Coordinator to assist in the start-up, supervision, and administration of our Healthy Lifestyle programs. This person will conduct fitness assessments and prescribe exercise programs for all members; maintain participant files; assist in development and implementation of procedures/protocols for program administration; coordinate staff development regarding high-risk populations; foster relationships in the community among physicians, specialists, and medical/health centers with NIFS. Healthy Lifestyle participants consist of, but are not limited to, those with the following chronic conditions/diseases and those at high risk of developing one of these chronic conditions/diseases: heart disease, stroke, chronic obstructive pulmonary disease (COPD), high blood pressure, diabetes, arthritis, low back pain, HIV, and cancer. The Healthy Lifestyle Coordinator may also introduce relevant wellness programs to our members, for example, balance training, pain management, and/or a walking program.

REQUIREMENTS:

- Bachelors or Masters Degree in exercise science, kinesiology, athletic training or related field from an accredited college or university
- Two or more years working with people with chronic diseases/conditions
- Knowledge of exercise testing protocols and contraindications for exercise prescription in clinically diagnosed populations
- Communication skills to instruct and interact effectively with individuals with known disease
- ACSM Certified Clinical Exercise Physiologist (CEP) preferred or ACSM Certified Exercise Physiologist (EP-C) with the ACSM Exercise Is Medicine® (EIM) Credential
- Ability to work flexible hours, possibly including evenings, weekends and holidays.

RESPONSIBILITIES:

- Evaluate, develop, and implement evidence-based wellness programs and medical fitness models such as the EIM program.
- Assist in the daily supervision and administration of fitness programs for all members.
- Develop and implement policies and procedures for healthy lifestyle participants.
- Coordinate healthcare communication.
- Conduct fitness testing.
- Prescribe exercise programs.
- Aid in developing and instructing group exercise classes for participants and continuing education for staff.

STATUS: OPEN

FOR MORE INFORMATION ON THIS POSITION:

Email resume and cover letter to:

Tony Maloney, Fitness Center Manager

tmaloney@nifs.org

(317) 274-3432 ext. 260

OR

Mail resume and cover letter to:

NIFS

Attn: Tony Maloney, Fitness Center Manager

250 University Blvd.

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