

**YAKAMA NATION HUMAN RESOURCES DEPARTMENT
JOB ANNOUNCEMENT**



Announcement # 2012-136 **Issue Date:** 10-02-12 **Closing Date:** 10-08-12

Diabetes Physical Health Educator/Fitness Coordinator
Yakama Nation Diabetes Program
Department of Health & Human Services
Hourly Wage: DOQ/Full-Time/Regular

Energetic, highly motivated, friendly outgoing person to conduct physical activities in the prevention and management of diabetes for the community. Develop and coordinate physical exercise programs, protocols and fitness education to prevent and manage diabetes for various age groups. Actively participate in the Yakama Nation Diabetes Program's community education and services. Must enjoy working with various age groups and varying fitness levels and particular with other fitness instructors.

Knowledge, Skills and Abilities:

- Ability to work independently with little to no supervision in the performance of his/her duties and responsibilities.
- Knowledge and ability to instruct participants in proper body mechanics, stretching, increasing flexibility and relaxation techniques for participation in fitness activities.
- Ability to become an effective and productive team member of the Diabetes Program.
- Computer literate to be able to design attractive and motivating literature, flyers, instructions to promote fitness activities.
- Ability to complete fitness assessments, whether manually or by computer programs, to record and assist with tracking of participant's physical activity and/or progress.
- Excellent oral and writing skills in order to provide clear, concise instructions in proper body mechanics stretching, warm up/ cool down, and relaxation techniques for participants program.
- Ability to interact positively with the public in a courteous and pleasant manner.
- Knowledge and understanding of fitness standards, principles and current health trends and in particular diabetes related health issues.
- Ability to organize and prioritize work assignments, duties and responsibilities to utilize work time wisely and productively.

General Recruiting Indicators:

- BA or BS in Exercise Science, Physical Education, exercise Physiology,
- Certified Physical / Fitness Trainer (CFT or CPT), or Physical Activity Specialist. Experience preferred.
- Enrolled Yakama or other Tribal Member.
- Valid Washington State License or Physical Fitness Certification and /or willingness to take next available test for certification.
- Valid Washington State driver's license with ability to obtain a tribal permit.
- Must be willing to work flexible work hours.
- Pass a background check (if applicable).
- Must pass a pre-employment drug and alcohol test.