

**YAKAMA NATION HUMAN RESOURCES DEPARTMENT  
JOB ANNOUNCEMENT**



**Announcement #** 2012-168 **Issue Date:** 12-11-12 **Closing Date:** 12-17-12

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

Assists the Physical Health Educator with educational and physical fitness activities to promote prevention and management of diabetes. Participates in the Yakama Nation Diabetes Program community education and services. Works with various age groups of varying fitness levels. Also works with other fitness instructors. Receives on-going training and education to keep current on diabetes prevention, management, and physical fitness to promote healthy life styles. As needed, will work independently.

**Knowledge, Skills and Abilities:**

- Knowledge of basic principles and methods for curriculum and training design, teaching and instruction for individuals and groups.
- Knowledge of and ability to instruct participants in proper body mechanics, stretching, flexibility, and relaxation techniques.
- Ability to implement developed protocols and ensure the exercise programs and activities are safe and effective for all participants.
- Ability to develop and plan individually designed exercise programs and activities for clientele with physical limitations.
- Ability to complete, record, and store participant fitness assessments to ensure that each participant is physically able to participate in physical activities and to record each one's progress.
- Ability to maintain high level of confidentiality regarding Diabetes Program participants and Program Information.
- Ability to utilize time effectively and work independently and productively with minimal direction from supervisor.
- Ability to organize and prioritize work assignments.
- Ability and willingness to be an effective and productive team member of the Diabetes Program.
- Ability to utilize a computer and assorted software.
- Skill in oral and written presentations.
- Ability to interact and communicate positively with the public and co-workers in a courteous and pleasant manner.
- Ability to learn and understand fitness standards, principles, and current health trends relative to diabetes health issues.

**General Recruiting Indicators:**

- Must possess a current physical fitness certification, or be able to obtain certification within 6-months of employment. Requires one year work experience in a health related field.
- Required to pass a pre-employment drug and alcohol test.
- Must possess a valid Washington State Driver's License.
- Must possess a current First Aide/CPR card or be able to obtain one within first 6-months of employment.
- Must be able to work flexible work hours.