# Wellness Coach

**Description:** Under the supervision of the Fort Peck Community College Community Service Director, the Wellness Coach will assist with motivating and educating our fitness members of the FPCC Wellness Center and the community at large through outreach educational opportunities.

**Supervisor:** Community Services Director

**Effective Date:** October 9

**Status:** Full Time, hours flexible between 8A-7P

**Wage Range:** $14.40/hr. with benefits.

## Wellness Coach Principal Activities:

- Monitor the fitness room as fitness members use the exercise equipment
- Motivate and educate fitness members in leading healthy lifestyles
- Greet and acknowledge all members
- Offer information on proper use of exercise equipment
- Establish a healthy promotional environment to impact adherence
- Understand the prevention, detection, and treatment of musculoskeletal injuries, basic emergency procedures, and the legal professional responsibilities of wellness coaches.
- Assist and help train Students, Community Service Volunteers and Summer Interns
- Support in the retention of members
- Design safe and effective 30 minute to 60 minute personal training programs for individual clients, adapting fitness program to each person's specific needs and abilities.
- Teach members the proper and preferred use of all the strength training equipment.
- Inform members of new information regarding strength training safety and effectiveness.
- Provide individual supervision and reinforcement during members' training sessions.
- Promote personal training through personal example and member interaction.
- Help maintain a neat, clean and pleasant environment on the wellness floor.
- Stay current on fitness concepts and ideas.
- Help draft behavioral change plans with wellness program clients.
- Attend continuing education courses.
- All other duties assigned by your supervisor or the Health & Wellness Coordinator.
- Be knowledgeable on how diet, nutrition, clothing, footwear and attitude impacts fitness.
- Knowledgeable on local resources to assist in the education of members such as dieticians, nutritionists, etc….
- Ability to organize and teach classes as necessary for members.
- Computer proficient on MS office programs and the ability to learn member tracking software**.**

## Qualification & Skills:

- Minimum 18 years of age
- CPR/First Aid Certified within 30 day s of hire
- Experience in coaching/fitness instruction required.
- 2 years post-secondary education preferred.
- Interpersonal communication skills required
- Ability to work with youth and adults from beginner to advanced levels of fitness experience.
- Must have the physical, visual and auditory ability to perform he essential functions of the job.
- Must be able to lift at least 45 pounds.