



Non-Appropriated Fund Vacancy ANNOUNCEMENT NUMBER NAF-2012-49

Opening Date: 10 September 2012

Closing Date: Open until filled
1st Cut-Off: 28 September 2012

Position: Fitness Instructor/Trainer, NF-0188-03

Salary: \$12.45 per hour

Relocation Expenses: Not Authorized

Employment Category: Flexible 0-40 hours per week with no benefits. Will require working evening, week-end and Holiday hours. Note: Employment category may be changed at a later date to Regular Full/Part Time, without further competition.

Location: Fitness Complex, Naval Submarine Base, Kings Bay, GA 31547

Area of consideration: Open to the public and Military Spouse Preference Eligibles

Duties: Plans and conducts physical fitness training that provides conditioning programs for authorized patrons. Instructs individuals and groups in the proper implementation and maintenance of conditioning and training programs for aerobic fitness, muscular fitness, body composition, and flexibility training. Conducts fitness assessments, which includes measuring individual's aerobic capacity, body fat percentage, recommended height/weight ratios, strength, flexibility, muscular endurance and blood pressure. Works with various command representatives to assist with physical fitness programs for military personnel. Instructs patrons in proper use of all equipment for training and self monitored progress. Registers students, maintains attendance and appropriate accounting records. Enforces all rules and regulations of the activity, MWR, SUBASE, Kings Bay and higher authority. Performs other related duties as assigned.

Minimum Qualifications:

- Minimum of three years professional experience demonstrating a working knowledge of aerobics/fitness.
- Degree from an accredited college/university in a related field may be substituted for two years of experience.
- Personal Fitness Trainer Certification required.
- Knowledge of required safety rules and regulations as related to aerobics/fitness.
- Must possess the proper skills for instruction and use of exercise equipment.
- Ability to follow instructions.
- Ability to meet and deal tactfully with the public.
- Must possess good customer service skills.

Physical Demands and Work Environment: Must be physically fit and be able to demonstrate exercises, equipment and aerobic activities. Must be able to lift up to 40 lbs.

Knowledge and Skills Required: Must have 3 years experience that demonstrates a working knowledge of the assigned program. A degree from an accredited college/university in a related field may be substituted for two years of experience. Certification in CPR and First Aid is required.

Basis of Review: Applicants will be evaluated based on experience and qualifications described above and presented in written format.