



The Face of
Independence

GOODWILL OF ORANGE COUNTY

Goodwill of Orange County Job Description

Approved: _____

Vice President of Human Services

10/24/16

Date

Effective:

6/9/2008

Revised:

10/10/2016

Approved: _____

Sr. Director of Human Resources

10-28-16

Date

MISSION:

Goodwill is in the business of helping people who are facing barriers, to get and keep jobs which provide purpose, pride and dignity. We believe the power of work changes lives.

The expectation of this position is to achieve organizational, team and personal goals in alignment with our Strategic Vision Priorities and through living out our organizational Values.

STRATEGIC VISION PRIORITIES:

- Increase donations and maximize their value in a cost efficient way.
- Increase the profit contribution of our businesses by improving their operational effectiveness.
- Increase our visibility in the community and raise greater awareness of Goodwill's mission.
- Increase and focus resources on services that that will help the most people with barriers get and keep jobs.

VALUES:

- Goodwill Brand
- Independence
- People Working & Learning Together
- Innovation & Growth
- Integrity
- Accountability
- Customer Satisfaction
- Environmental Responsibility

JOB TITLE:

FITNESS CENTER PERSONAL TRAINER
(Nonexempt)

AREA:

FITNESS CENTER

DEPARTMENT:

FITNESS CENTER

DIVISION:

HUMAN SERVICES

PURPOSE OF POSITION:

To provide personal training and therapeutic fitness programming for individuals with physical disabilities and chronic illness in a community based fitness center environment; will provide instruction and guidance to fitness center members related to their personalized exercise programs.

SUPERVISION RECEIVED:

Reports directly to the Fitness Center Manager.

SUPERVISION EXERCISED:

None.

DUTIES AND RESPONSIBILITIES:

1. Evaluates member medical history and disability related parameters for exercise.
2. Demonstrates ability in regards to knowledge and use of accessible equipment in the facility. Hands on use of equipment required.
3. Assists members with their exercise program and use of fitness equipment.
4. Determines attainable fitness goals for members.
5. Assists with membership registration.
6. Performs maintenance of equipment/facility safety.
7. Works overtime as needed.
8. Performs other job related duties as required.
9. Safeguards company property, including donated goods. Reports any incidents of theft or unauthorized possession of company property.
10. Acts safely at all times, following all safety rules and regulations.
11. Follows all company policies and procedures.
12. Promotes and demonstrates cooperation and teamwork. Assists and shares knowledge and information with other employees as needed.
13. Uses good interpersonal skills such as courtesy, sensitivity, politeness, and thoughtfulness.
14. Works with, trains, and/or acts as a good example for program participants receiving training at Goodwill.

MINIMUM JOB REQUIREMENTS:

1. Bachelor's degree in one of the following areas; Kinesiology, Physical Education, Sports Medicine, or Athletic Training.

2. Personal Trainer Certification (from an accredited National personal training association required – such as ACSM, NASM or NSCA.)
2. CPR/AED certification desired.
3. Minimum 1 to 3 years of personal training experience desired.
4. Ability to maintain confidentiality when dealing with client information.

WORK DEVICES/MATERIALS/EQUIPMENT USED:

Various office supplies and equipment including: telephone, fax machine, computer, printer, copy machine, file cabinets, papers/forms, calendar, pens/pencils, ruler, scissors, etc.

Must be comfortable working with and operating a variety of fitness equipment including treadmills, stationary bicycles, rowing machines, etc. The ability to work with various commercial strength training pieces of equipment with adaptive pieces and accessories will also be expected.

PHYSICAL REQUIREMENTS: (See Attached)

PHYSICAL DEMANDS :

Activity	Not Req. Never	1-33%/day Occasionally	34-66%/day Frequently	67-100%/day Continuously
1. Balancing			X	
2. Bending			X	
3. Carrying			X	
4. Climbing		X		
5. Crawling		X		
6. Crouching			X	
7. Feeling				X
8. Fingering/Fine Dexterity				X
9. Flexing Wrist				X
10. Grasping/Squeezing				X
11. Handling/Gross Dexterity				X
12. Hearing			X	
13. Kneeling				X
14. Lifting				X
15. Pulling				X
16. Pushing				X
17. Reaching – Above Shoulder				X
18. Reaching – Shoulder & Below				X
19. Reclining		X		
20. Sitting			X	
21. Standing				X
22. Stooping				X
23. Talking			X	
24. Tasting/Smelling	X			
25. Throwing		X		
26. Turning Body				X
27. Twisting Body				X
28. Walking				X
29. Near Vision			X	
30. Midrange Vision			X	
31. Far Vision			X	
32. Depth Perception			X	
33. Visual Accommodation			X	
34. Color Vision			X	
35. Field of Vision/Peripheral			X	

LIFTING AND CARRYING DEMANDS:

	PHYSICAL DEMAND LEVEL	1-33% / DAY OCCASIONALLY	34-66% / DAY FREQUENTLY	67-100% / DAY CONTINUOUSLY
	SEDENTARY Class 1 (Administrative)	10 Pounds	Negligible	Negligible
	LIGHT Class 2 (Clerical & Light Work Activity)	20 Pounds	10 Pounds and/or Walk/Stand/ Push/Pull of Arm/Leg Controls	Negligible and/or Push/Pull of Arm/Leg Controls while seated
X	MEDIUM (Moderate Physical Activity)	50 Pounds	20 Pounds	10 Pounds
	HEAVY (Heavy Physical Labor)	100 Pounds	50 Pounds	20 Pounds

ENVIRONMENTAL CONDITIONS:

	NOT REQ'D. NEVER	1-33% / DAY OCCASIONALLY	34-66% / DAY FREQUENTLY	67-100% / DAY CONTINUOUSLY
Indoors				X
Outdoors	X			
Dust	X			
Electric Shock	X			
Explosive	X			
Exposure to Weather	X			
Extreme Cold	X			
Extreme Heat	X			
Fumes/Gases	X			
High Exposed Places	X			
Loud Noises		X		
Mist	X			
Moving Mechanical Parts		X		
Odors		X		
Poor Ventilation	X			
Radiant Energy	X			
Toxic/Caustic Chemicals	X			
Vibration	X			
Wet/Humidity	X			

NAME:

SIGNATURE:

DATE: