

Oncology Exercise Specialist

Wellness House -

Contract

Department: Program Department, Exercise and Stress Management Program

Supervised by: Exercise and Stress Management Programs Manager

Supervises: --

Status: 3 hours a week. Tuesday/Thursday morning availability preferred

Summary of Position:

This position is responsible for facilitating innovative exercise and mind body movement programs at Wellness House and our partner locations around Chicagoland. This position facilitates exercise classes, yoga classes for people affected by cancer. Additionally, this position ensures that required consents and assessments are completed prior to enrollment in exercise classes and that the exercise room and equipment are maintained.

RESPONSIBILITIES

- Conduct exercise classes and cover for absences of other exercise program staff as needed or requested.
- Schedule and conduct individual exercise consults, as requested by participants or as referred by the Program Manager.
- Assist individual participants in setting exercise related goals and recommend appropriate WH classes.
- Update participant files to include a current medical release form, health history, informed consent waiver, and orientation documentation.
- Enter participant efforts into MBO as appropriate for programs or services delivered in a timely fashion.
- Assist with exercise registration process and record exercise class attendance.
- Ensure exercise room facility is in good working order, including maintenance of equipment, availability of supplies, and adherence to infection control practices. Report to Office Manager and/or Program Manager in a timely manner any observations of malfunction or inadequacy of the Wellness House facility such that it would compromise the safety of staff and/or participants, as well have a negative impact on the delivery of WH programs.

Other

- Protect organization's value by keeping information confidential
- Perform general tasks and other duties as assigned

QUALIFICATIONS:

Education: Bachelor's degree in health-related field such as Exercise Physiology or equivalent experience; Yoga Certification; Cancer Exercise Specialist or Certified Cancer Exercise Trainer or ability to obtain required.

- Job Experience: Prior experience leading exercise and yoga classes. Experience working with a medical patient population, ideally with a cancer patient population.

- **Special Knowledge & Skills:** Solid understanding and appreciation of the fundamental principles of safe exercise programming; general computer skills, including knowledge of Microsoft Office Products such as Word and Excel; good interpersonal and organizational skills.
- **Demonstrated Competencies:** Ability to conduct multiple exercise classes, including supervising aerobic conditioning and demonstrating strength, weight, and core training; ability to communicate effectively both verbally and written; ability to collaborate with peers and provide constructive feedback to others; desire to work as a team member and accomplish the larger goals of the organization.

Wellness House is an EOE.

Please apply by sending your cover letter and resume to cmixa@wellnesshouse.org

Job Type: Contract

Required experience:

- Healthcare: 1 year
- Exercise: 1 year

Required education:

- Bachelor's