



TOWER CANCER RESEARCH FOUNDATION

SURjGE Program Fitness Trainer/Exercise Physiologist

Start Date: July 2018

PROGRAM DESCRIPTION:

Tower Cancer Research Foundation has been home to the “SURjGE: Survivor’s Recovery Through Group Exercise” fitness program since Spring 2016. The fitness program offers cancer survivors an individualized exercise regimen to improve health-related components of fitness and balance during survivorship period. The exercise program is conducted in a safe environment supervised by a team of fitness trainers and a registered clinical exercise physiologist.

JOB DESCRIPTION:

As a fitness trainer/exercise physiologist, you will work in a team environment, conducting and supervising exercise sessions for participants who have undergone cancer treatment (i.e. chemotherapy, radiation, immunotherapy, hormone therapy, etc.) and perform additional duties as specified in essential job functions.

ESSENTIAL JOB FUNCTIONS:

- Set up exercise equipment for each training session
- Ensure equipment is sanitized before and after each use
- Build rapport and maintain notes on each participant
- Meet with patients to understand their needs and wishes; review their medical histories
- Supervise small groups of participants
- Record, consolidate and file collected participant data
- Modify exercise plan based on patients’ needs and goals
- Administer exercise prescriptions designed to improve health-related components of fitness and balance
- Prepare educational and training support materials
- Follow proper program dress code
- Communicate frequently and clearly with program coordinators and fellow instructors

PREREQUISITE KNOWLEDGE, SKILLS, AND EDUCATION

- Program runs on Mondays 10:30am-6pm, Wednesday and Fridays 1:00pm-6pm
- Bachelor’s degree in exercise science or related field required OR prior work experience in related field
- Culturally sensitive to special populations
- An outgoing and personable disposition, able to socialize with others
- A passion for fitness and helping cancer survivors reach their health and fitness goals
- Ability to multi-task in a fast-paced environment
- Customer-service oriented and an ability to understand or quickly grasp, customer priorities and terminology
- Effective oral and written communications skills
- Results oriented with an ability to organize, prioritize and manage time
- Current certification in CPR/AED preferred
- Professional certification (ACSM, ASEP, NSCA) preferred
- Experience working with an oncological population preferred
- Proficient in Microsoft Office, Excel, Word, and the ability to learn technical applications and processes quickly
- Must adhere to the concepts of teamwork, self-direction, and high-performance

PHYSICAL AND MENTAL REQUIREMENTS:

- Ability to function in stressful situations
- Ability to stand prolonged periods
- Ability to lift at least 20 lbs.
- Ability to listen and assist participants with individual needs

To be considered submit a resume to kelli@towercancer.org