



COUNTY OF HIDALGO

Department of Human Resources

Job Title: **ATHLETIC TRAINER**
Grade: 09

The County of Hidalgo Department of Human Resources reserves the right to select candidates considered to be the most highly qualified based on education and experience. The hiring department will interview and select the candidates provided by the Department of Human Resources.

GENERAL DESCRIPTION

Under general supervision of the Fitness/Wellness Director, leads and coordinates individual or group adult and youth fitness/physical training sessions for a specified health and fitness program.

EXAMPLES OF WORK PERFORMED

Plans, skills and leads exercise/activity sessions in one or more assigned fitness areas, such as low/High impact training, stretching/flexibility, circuit training, general fitness, functional training, and/or specialty for sports specific training.

Sets up and monitors class equipment, and ensures its return in serviceable and sanitized condition. 3. Advises participants on program and class procedures and policies, as appropriate.

Distributes handouts and/or class evaluations, if appropriate, and answers questions from participants after each session; assists in performing follow-up and communication with participants, as required.

Tracks progress of clients; helps maintain client files as appropriate.

Ensures that safety and injury prevention policies and procedures are adhered to by participants; reports accidents and prepares accident reports, as required.

Performs related work as assigned

EXPERIENCE AND EDUCATION

High school diploma or GED with 1 to 2 years' experience directly related to the duties and responsibilities specified

Associates Degree preferred

One (1) year of related experience may be substituted for one (1) year of education

Any or combination of: Primary Group Fitness, Fitness Trainer, CF L-1, and Personal Trainer Certification

Recognized competency in field of instructional expertise/may require discipline-specific certification

CERTIFICATES, LICENSES AND REGISTRATION

Must have a current valid Texas motor vehicle operator's license

Must be able to be insured by the County's insurance carrier

KNOWLEDGE, SKILLS AND ABILITIES

Skill in the use of CPR-First Aid procedures

Ability to prepare routine progress paperwork

Knowledge of fitness training and education methods and techniques in area of specialty

Knowledge of exercise principles and technology. Ability to work with or learn the use of a body composition analyzer and software

Familiar with Concept 2 and Life Core equipment (Rower-Ski Erg-Air Bike), or must be willing to learn

Strong interpersonal and communication skills and the ability to work effectively with a wide range of constituencies in a diverse community. Ability to read, understand, follow, and enforce safety procedures

Conditions of Employment:

CPR-First Aid Certification required within one month of date of hire

Working Conditions and Physical Effort:

Extensive physical activity. Requires strenuous physical work

PHYSICAL DEMANDS

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job.

While performing the duties of this job, the employee is regularly required to talk or hear. The employee frequently is required to stand. The employee is occasionally required to walk; sit; use hands to find, handle, or feel objects, tools or controls; reach with hands and arms; climb or balance; stoop and kneel.

The employee must occasionally lift and/or move over twenty-five (25) pounds. Specific vision abilities required by this job include close vision, depth perception, and the ability to adjust focus.

WORK ENVIRONMENT

The work environment characteristics described here are representative of those an employee encounter while performing the essential functions of this job.

The noise level in the work environment is usually moderate.

SAFETY REQUIREMENTS

Maintain physical conditions appropriate to the performance of assigned duties and responsibilities which may include the following:

- sitting for extended periods of time
- standing for extended periods of time
- operating assigned equipment

Maintain mental capacity which permits:

- making sound decisions and using good judgment
- demonstrating intellectual capabilities

Effectively handle a work environment and conditions which involve:

- working closely with others
- working in a multi-task environment

Maintain effective audio-visual discrimination and perception needed for:

- making observations
- reading and writing
- operating assigned equipment
- communication with others
- required to follow the County of Hidalgo Accident Prevention Plan and department's safety regulations