Fitness Coach
Volunteer Job Description

The Fitness Coach plays an essential role in implementing Fitness and Wellness programming with local teams. Fitness Coaches will facilitate our Fit 5 program with participants at in-person practices over the course of 8-weeks during a sports season. They may be matched to a team OR to a group of individual participants.

**Fitness Coach Role**

- Discuss the Fit 5 lesson of the day with participants
- Lead dynamic stretches, strength and conditioning stations
- Help participants create SMART Goals
- Facilitate healthy habit tracking and lifestyle surveys
- Distribute prizes to participants who complete the program
- Fitness Coaches may also direct athletes, families, and caregivers to needed health services and resources as needed.

**Requirements:**

- Experience in the health/fitness field.
- Apply via our Volunteer Registration Portal.
- Complete Background Check.
- Complete Protective Behaviors module.
- Complete Introduction to Intellectual Disabilities training module.
- Complete Fitness Coach Online Training module.
- Complete Fit 5 Training video.
- Attend team practice one day per week over the course of 8-weeks.
- Complete the End of Session Evaluation Form.

**Contact:** fitness@sowa.org

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