

Fitness Coach

Volunteer Job Description



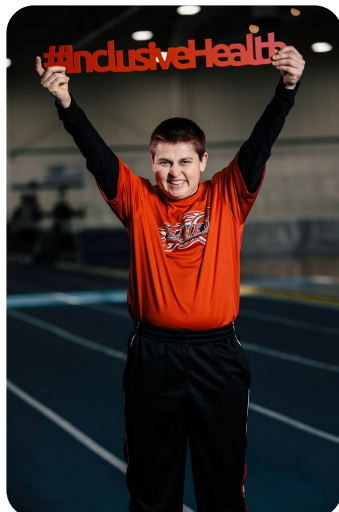
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Health

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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.

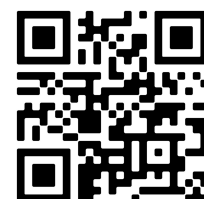
Fitness Coach Role

- 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



APPLY NOW!