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# Example of Exercise Job Description

Our company is hiring for an exercise. We appreciate you taking the time to review the list of qualifications and to apply for the position. If you don’t fill all of the qualifications, you may still be considered depending on your level of experience.

## Responsibilities for exercise

* Daily interaction in the fitness center
* Assess clients for sports, industrial, tactical, fitness, human or functional performance
* Recognize the need for performance modifications and/or injury risk factor education
* Perform fitness and sports performance, industrial, tactical, and fitness assessments with emphasis on sports, human, functional and fitness performance enhancement
* Assess, plan, implement and evaluate sports, industrial, tactical, human & fitness exercise programs
* Review, evaluate and revise the established program weekly or as necessary
* Assess fitness and sports performance clientele injury profile and performance level
* Prepare and conduct both formal and informal education sessions
* Recognize the need for and initiate collaboration with other team members, physicians, rehabilitation professionals, registered dieticians and other service providers to proactively resolve fitness and sports performance clientele needs
* Communicate progress or change in fitness or sports performance client status

## Qualifications for exercise

* The candidate needs to be a self-starter able to effectively communicate with senior managers and coordinate with partners in verbal and written formats
* Candidate must be Homeland Security Exercise and Evaluation Program (HSEEP) Certified, Master Exercise Practitioner Program (MEPP) Certified
* Candidate must be familiar with the exercise business model and be able to take an exercise from the concept stage through to post exercise evaluations, after-action reports and when applicable implementation of results
* Must have current personal training certification or strength and conditioning certification
* Must be knowledgeable in potential disease states or injury and/or limitations for exercise, and be comfortable in altering exercise prescriptions for a group or an individual
* Currently enrolled in a pre-PT program through an accredited University is preferred