

July 1, 1999

## **CLASS SPECIFICATION**

### **SAN DIEGO CITY CIVIL SERVICE COMMISSION**

#### **FITNESS SPECIALIST**

##### **DEFINITION:**

Under direction, to prescribe and monitor total fitness programs for City of San Diego employees; and to perform related work.

##### **\* EXAMPLES OF DUTIES:**

- Prescribes and monitors fitness programs for City employees;
- Analyzes individual diet and nutrition histories and provides counseling on diet and weight control;
- Develops training materials and provides fitness training instruction;
- Interprets and evaluates health and fitness profile test data contained in fitness profile appraisals;
- Recommends exercise, nutritional and fitness training guidelines;
- Researches, implements, and presents behavior modification programs;
- Evaluates exercise equipment and makes recommendations for additional or improved equipment;
- Assists in the administration of fitness testing;
- Reviews health and fitness research and literature and recommends modification of standards and training as appropriate;
- Consults with physicians on injury recovery cases;
- Prepares and publishes a monthly newsletter informing employees of classes and programs available.

##### **MINIMUM QUALIFICATIONS:**

Please note: the minimum qualifications stated below are a guide for determining the education, training, experience, special skills, and/or license which may be required for employment in the class. These are re-evaluated each time the position is opened for recruitment. Please refer to the most recent Job Announcement for updated minimum qualifications.

College graduation with a Master's degree in Exercise Physiology; **OR** college graduation with a Bachelor's degree in Physical Education, Physical Therapy, Exercise Science, or Athletic Training, **AND** one year of professional experience evaluating and prescribing a total fitness program for individuals or groups. Possession of a valid California Class C Driver's License.

- \* **EXAMPLES OF DUTIES** performed by employees in this class. The list may not include all required duties, nor are all listed tasks necessarily performed by everyone in this class.