



American Samoa Community College
Agriculture Community & Natural Resources Division
EMPLOYMENT OPPORTUNITY

Position Title: Exercise Assistant
Employment Status: Full Time 12 months (Career Service)

General Description:

The Exercise Assistant will work under the supervision of the Community Nutritionist, serving as an assistant to the Health and Fitness Specialist in all duties relating to the main responsibility of the Health and Fitness Specialist, which is to work with ACNR Extension professionals to develop and deliver a variety of health fitness and program-specific physical fitness activities, and to promote an active, healthy lifestyle in the community. The Exercise Assistant will provide help in all areas to initiate change, inspire passion, and motivate individuals to become more accountable for their health. The Exercise Assistant will help promote health and wellness through environmental, cultural, nutritional, physical, and behavioral program initiatives. In addition, he/she will ensure the safety and cleanliness of the ASCC-ACNR Exercise Lab, and create a friendly and inviting space for everyone who visits to use the Lab.

Responsibilities and Duties:

- Assist the Health and Fitness Specialist in opening/closing the Wellness Center Exercise Lab (which may include opening before 7:30am and closing after 4:00pm)
- Provide assistance to clients utilizing the Wellness Center Exercise Lab, which includes helping clients to use the fitness equipment safely and appropriately. Advise clients on routine exercise questions (this does not include exercise prescription)
- Assist the Health and Fitness Specialist as he leads various exercise sessions for ACNR programs as well as outreach programs. This requires the Exercise Assistant to be physically fit and capable of demonstrating how to properly use various exercise equipment, and being able to lift, push or pull moderately heavy loads of up to 50lbs or more
- Lead various exercise/physical activity sessions for tours and outreach programs when the Health and Fitness Specialist is not available to do so.
- Provide orientations and health education information to clients as directed
- Clearly communicate, enforce, and educate clients on all rules, policies and procedures
- Ensure the safety and cleanliness of the Exercise Lab, and create a friendly and inviting space for everyone who visits. Inspect equipment for safety, and report damaged equipment and accessories
- Promote fitness programs to clients, provide customer service, and respectfully manage disagreements
- Perform other relevant duties as assigned by supervisor or Director of ACNR

Minimum Qualifications:

- Associate's degree
- Ability to provide assistance to participants in the weight room
- Ability to promote fitness programs
- Capability of cleaning equipment and conducting preventative maintenance
- Excellent customer service skills
- Excellent communication skills

Salary Range: GS-09/06-09/10: \$22,240.00 - \$25,360.00 per annum

Application Deadline: August 18th, 2023 no later than 4:00pm

AMERICAN SAMOA COMMUNITY COLLEGE
P.O. Box 2609, Pago Pago, American Samoa 96799
(684) 699-9155 • (684) 699-0861 (fax)

Applications are available from American Samoa Community College, Human Resources Office 699-9155 Ext. 456/466/460, 699-2722 ext 3601/3602/3603/3604/3605/3606, <http://www.amsamoa.edu/employmentopportunities.html> or by emailing ascchumanresources@amsamoa.edu.

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