

## CITY OF ST. LOUIS CLASSIFICATION SPECIFICATION

### CLASSIFICATION

**TITLE:** Exercise Physiologist

**CLASS CODE:** 2572

### **GENERAL DESCRIPTION OF DUTIES:**

Incumbents organize and conduct physical fitness, wellness and emergency response classes and provide individualized employee health screenings and guidance at a fitness center facility.

### **DISTINGUISHING CHARACTERISTICS:**

This is a journey-level professional classification in the Police Services Series – Adjunct Group job family within the City of St. Louis. Incumbents perform routine to moderately complex duties with a variety of related tasks. The distinguishing characteristics of this classification within the series include responsibility for organizing and conducting wellness, health and fitness programs and classes as well as providing individualized guidance, instruction and screenings for recruits and other employees.

Incumbents work under general supervision. While workers require some supervision in most assignments, they are free to develop their own work sequences within established procedures, methods and policies. They are generally subject to periodic supervisory checks.

This is an individual contributor class, meaning the incumbent is responsible for his/her own work including output, quality and timeliness. Incumbents may, however, explain work processes and train others, such as new employees, in the same or similar job title. The individual contributor may serve as a resource or guide by advising others on how to use processes within a system or as a member of a collaborative problem-solving team.

### **EXAMPLES OF WORK (Illustrative Only):**

***(The list of duties is intended to be representative of the duties performed in positions within this classification. It does not include all the duties that may be assigned to a position and is not necessarily descriptive of any one position in this class.)***

Provides guidance to police academy recruits in physical fitness training.

Conducts emergency response courses for police academy recruits.

Performs employee wellness screenings and fit-for-duty evaluations on applicants.

Prepares testing schedules and assists with test administration and recording of Physical Abilities Test (PAT) data.

Teaches health, nutrition and fitness related continuing education courses.

Plans, organizes and administers annual health fair.

Assists with fitness facility maintenance and administration.

Provides guidance to co-workers on instruction, equipment operation and facility maintenance.

Inspects facility and equipment for compliance with safety standards.

Maintains activity records.

Ensures compliance with center rules and regulations. Documents incidents.

Sets up/distributes equipment.

Performs other duties as assigned.

## **KNOWLEDGE, SKILLS AND ABILITIES:**

### **Data Utilization:**

Requires the ability to perform mid-level data analysis including the ability to audit, deduce, assess, conclude and appraise. Requires discretion in determining and referencing such to established criteria to define consequences and develop alternatives.

### **Human Interaction:**

Requires the ability to advise, provide guidance, assistance and/or interpretation to train others, such as program participants, co-workers and the public.

### **Equipment, Machinery, Tools and Materials Use:**

Requires the ability to operate, maneuver and/or provide simple but continuous adjustment to fitness equipment, machinery and tools such as computer, telephone, fax, health screening tools and/or materials used in performing essential functions.

### **Verbal Aptitude:**

Requires the ability to utilize a wide variety of reference and descriptive data and information such as health and wellness information, testing materials, regulations, facility rules, accident reports, incident reports, scheduling and attendance records, registration lists and forms, and general operating manuals.

### **Mathematical Aptitude:**

Requires the ability to perform and explain basic math including addition, subtraction, multiplication and division, percentages and decimals and interpret descriptive data.

### **Functional Reasoning:**

Requires the ability to apply principles of influence systems such as leading, teaching, directing, planning and coordinating. Ability to interpret instructions furnished in written, oral, diagrammatic or schedule form. Ability to exercise independent judgment to adopt or modify methods and standards to meet variations in assigned objective.

**Situational Reasoning:**

Requires the ability to exercise the judgment, decisiveness and creativity required in situations involving the evaluation of information against sensory, judgmental and/or subjective criteria.

**Environmental Factors:**

Tasks are regularly performed in safe and comfortable surroundings without exposure to adverse environmental conditions.

**Physical Requirements:**

Requires the ability to run, stoop, stand, kneel, climb, balance and to demonstrate, guide or teach fitness activities. Requires the ability to lift, push and pull up to fifty (50) pounds; may occasionally involve objects and materials up to one hundred (100) pounds.

**Sensory Requirements:**

Requires the ability to recognize and identify similarities or differences between characteristics of colors, shapes and sounds associated with monitoring physical fitness activities, behaviors and teaching fitness or health and wellness activities.

The City of St. Louis is an Equal Opportunity Employer. In compliance with Americans with Disabilities Act, the City of St. Louis will provide reasonable accommodations to qualified individuals with disabilities and encourages both prospective and current employees to discuss potential accommodations with the City.