

Alberta's Health Regions and Voluntary Organizations and the Health Sciences Association of Alberta (HSAA)

This classification specification identifies representative duties and responsibilities, and is intended to assist in the determination of the appropriate classification level within each discipline. Some duties and responsibilities may overlap between class levels. The classification specification is not intended to provide an exhaustive list of all duties performed.

Classification Title: **Exercise Specialist (Local Condition)**

Date Updated: **May 20, 2008**

Job Summary:

The Exercise Specialist performs exercise tolerance testing, physical assessments and interpretation of test results for the purpose of developing, implementing, evaluating and maintaining appropriate exercise programs for clients. In addition, this position instructs clients regarding physical fitness and active leisure activities. The Exercise Specialist also provides exercise-related consulting for research, community and other clinical programs.

Key Responsibilities and Typical Duties:

Core Duties

- Assesses, monitors, interprets and evaluates information from diagnostic tests, lab findings, medications and health records for the purpose of developing individualized exercise prescriptions and monitoring.
- Performs strength, endurance and flexibility assessments, and prescribes appropriate training.
- Participates in exercise tolerance testing, stress testing or additional fitness testing as required.
- Develops, implements and evaluates appropriate exercise therapy for individual clients.
- Monitors patient progress with exercise and adjusts exercise prescriptions as necessary.
- Develops and conducts group exercise sessions and educational programs related to conditioning and healthy lifestyles.
- Conducts program intake screening and referral for appropriate pre-program assessment.
- Develops home or community based exercise programs for individual clients or client groups who have chronic illnesses.

Other Related Duties

- May participate in clinical, health outcomes and/or physiologic research.
- Identifies the need for replacement, maintenance or repairs of supplies and equipment.
- Implements and maintains emergency equipment and procedures.

Leadership

- Orients and mentors new program staff.
- Supervises and evaluates exercise specialist students as required.
- Prepares and conducts educational sessions for other health care providers, community organizations and students.

Decision-Making

- Determines individual exercise programs, evaluates client progress and determines modifications if necessary.
- Identifies abnormal symptoms and responds appropriately in emergency situations.
- Provides exercise advice to clients, taking into account individual circumstances, medical needs and lifestyles.

Knowledge:

Education

- Bachelor of Science in Kinesiology/Physical Education/Exercise Physiology or a related discipline.

Additional Qualification/Designations/Certifications

- Required to have current Cardiopulmonary Resuscitation (CPR) certification.

Registration Requirements

- Certified as an Exercise Specialist with the American College of Sports Medicine (ACSM).

and/or

- Certified Exercise Physiologist (CEP) with the Canadian Society of Exercise Physiology (CSEP).

Working Conditions:

Physical Demands

- Required to stand for long periods.
- Must be able to transfer and/or lift clients.
- Demonstrates a variety of physical movements related to exercise.
- Lifts and carries exercise equipment.

Work Environment

- Work environments include, community facilities, gyms, therapeutic pools and a variety of work sites.
- Travel in all weather/road conditions.
- May be exposed to verbally/physically aggressive clients and/ or family.