

**NONAPPROPRIATED FUND POSITION  
MORALE WELFARE AND RECREATION DEPT.  
NEWPORT, RHODE ISLAND 02841  
MERIT PROMOTION PROGRAM  
VACANCY ANNOUNCEMENT**

EQUAL OPPORTUNITY EMPLOYER

POSITION: FITNESS INSTRUCTOR  
NF-0189-03

ANNOUNCEMENT NO. NAVSTA 025-04

DATE OPENED: 5 MARCH 2004

CLOSING DATE: OPEN REGISTER

LOCATION: RECREATION SERVICES  
ATHLETIC DIVISION  
NAVAL STATION NEWPORT  
NEWPORT, RI 02841-1620

AREA OF CONSIDERATION: OPEN

**NOTE:** CATEGORY OF EMPLOYMENT: FLEXIBLE (0-40 HOURS)

**DUTIES:** LEAD GROUP ACTIVITIES THAT CONSIST OF KNOWLEDGE IN THE FIELD OF EXERCISE PHYSIOLOGY; INCLUDING UNDERSTANDING, AND USE OF THE PRINCIPLES OF FUNCTIONAL ANATOMY, KINESIOLOGY, BIOMECHANICS, AND CARDIO VASCULAR IMPORTANCE. INSTRUCTORS WILL DEVELOP CLASS FORMAT. THIS REQUIRES THE INSTRUCTOR TO BE CURRENT AND KNOWLEDGEABLE CONCERNING ALL OF THE RAPIDLY CHANGING NUANCES WITHIN THE COMPLEX FIELD OF EXERCISE. THE INSTRUCTOR MUST ASSURE THAT COURSES, WHETHER BASIC OR ADVANCED, ARE CONDUCTED IN A PROFESSIONAL AND SAFE MODE. ASSISTS IN ASSURING THE QUALITY OF ALL AEROBIC CLASSES. ASSISTS IN LEADING GROUP EXERCISE CLASSES. PROVIDES LEADERSHIP FOR ALL AEROBIC CLASSES FOR WHICH THE ATHLETIC BRANCH OF THE RECREATION SERVICES DEPARTMENT MAINTAINS RESPONSIBILITY.

**QUALIFICATIONS:** CURRENT CERTIFICATION (AFAA, ACE, AAI/ISMA, ACSM). KNOWLEDGE OF THE PRINCIPLES AND TEACHING ABILITY IN BASIC ANATOMY AND PHYSIOLOGY. KNOWLEDGE OF EQUIPMENT AND PROPER USE. KNOWLEDGE AND EXPERIENCE IN DESIGNING AND IMPLEMENTING AEROBIC CLASSES, BODY SCULPTING, AND CIRCUIT TRAINING. CURRENT CPR CERTIFICATION.

**MILITARY SPOUSE EMPLOYMENT PREFERENCE:** BEST-QUALIFIED CANDIDATES ELIGIBLE FOR SPOUSE EMPLOYMENT PREFERENCE (SEP) WILL BE REFERRED FOR PRIORITY CONSIDERATION AND EMPLOYMENT PREFERENCE. ELIGIBLE CANDIDATES MAY ASK FOR ASSISTANCE FROM THE PERSONNEL STAFF BEFORE SUBMISSION OF APPLICATION.

**THE DEPARTMENT OF THE NAVY IS AN EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER. ALL QUALIFIED CANDIDATES WILL RECEIVE CONSIDERATION WITHOUT REGARD TO RACE, COLOR, RELIGION, SEX, NATIONAL ORIGIN, AGE, DISABILITY, MARITAL STATUS, POLITICAL AFFILIATION, SEXUAL ORIENTATION OR ANY OTHER NON-MERIT FACTORS.**

**SELECTEE WILL BE REQUIRED TO PARTICIPATE IN THE DIRECT DEPOSIT ELECTRONIC FUND TRANSFER PROGRAM WHICH IS THE STANDARD METHOD OF PAYMENT WITHIN MWR FOR PAY OF PERSONNEL.**