

CENTRAL MONTANA MEDICAL CENTER
POSITION DESCRIPTION

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|----------------|--|-------|--|
| Position Title | Lead Cardiopulmonary Rehab Exercise Specialist/ Fitness Center Supervisor | Grade | |
|----------------|--|-------|--|

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|-------------------------|--------------------------------------|------------|-----------------|
| Department | Cardiopulmonary Rehab/Fitness Center | Exempt | |
| Immediate Supervisor | Cardiopulmonary Rehab Manager | Non-Exempt | X |
| Supervisor next in line | CNO | Workweek | Up to 40 |

POSITION SUMMARY

Position is responsible for assisting with treatment and works as part of the Cardiopulmonary Rehab team in the care of the Cardiac and Pulmonary patient. Closely works with cardiac and pulmonary rehab staff including the staff RN to follow the treatment plans caring out the plan of care. Reinforces education of this patient population to include exercise, wt. lifting, nutrition, stress reduction, and improving overall health. Also participates in programs that are within the cardiac and pulmonary rehab program including Diabetes Prevention Program and assist with the Fall prevention program. Serves all populations as needed (adolescent, adult and geriatric). Completes data entry and some clerical tasks as assigned.

Continued employment and raises in this position are dependent upon Central Montana Medical Center's fiscal viability and:

- Actions and communications that contribute to a team concept and create a **positive** environment for **all** customers
- Acceptable performance of essential and all job duties
- Acceptable attendance record
- Accountability for safety to self, patients, visitors and all customers, and care of equipment and building
- Adherence to departmental and facility policies and procedures, education requirements, compliance monitoring and reporting, and CMMC Code of Conduct
- Accountability for the consequences of own actions
- Physical and emotional ability to perform essential functions
- Acceptable background investigation results if required for position

Minimum Education, Experience, Licensure, Certification required:

B.S. in an exercise related field preferred, MS in Exercise Physiology
Other applicable healthcare experience will be considered.
CPR Certification
First aid experience

ESSENTIAL FUNCTIONS/DUTIES:
(Must be able to perform with or without accommodation)

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|---|--|
| 1 | Administer exercise protocols for widely diverse healthy general population consisting of all adult ages. Must understand basic exercise and its effects on the body. |
| 2 | Must demonstrate an understanding of basic related injuries and basic treatment protocols. |
| 3 | Working knowledge of all exercise equipment, and proper set-up (seat adjustments, intensity, etc.) and basic maintenance procedures. |
| 4 | Serves all populations, as needed (adolescence, adult, and geriatric) and an understanding of the needs of the population related to exercise and conditioning strategies. |
| 5 | Supports and demonstrates Central Montana Medical Center's Vision, Mission and Values Statements and is compliant with CMMC protocols and procedures for cardiopulmonary rehab under the direction of the coordinator. |

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| 6 | Properly assesses vital signs of cardiopulmonary rehab patients: blood pressure technique, pulse oximeter use and scale. Use of machines, wt lifting, flexibility and need for further instruction |
| 7 | Recognizes situations requiring RN and/or MD notifications. |
| 8 | Demonstrates working knowledge of 6 minute walk test, rating of perceived exertion, and assist in data entry for data management. |
| 9 | Participates in meetings and events as required or requested. |
| 10 | Develops and demonstrates effective communication tools to disseminate information and to interact with department's and organization's staff. |
| 11. | Other Duties as assigned |

Knowledge, Skills, Abilities:

Basic knowledge of the cardiovascular and pulmonary systems and normal exercise response
 Basic nutrition
 Fitness group class background, ie boot camp, circuit training
 CPR
 First aid background

OCCUPATIONAL EXPOSURE for this position:

| | | |
|---|---------------------|--|
| | Category I | Direct contact with blood or other bodily fluid to which universal precautions apply |
| X | Category II | Activity performed without blood/bodily fluids exposure, but exposure may occur in emergency |
| | Category III | Task/activity does not ordinarily entail predictable exposure to blood/bodily fluids |

OTHER EXPOSURE for this position:

| | | |
|--|------------------------|--|
| | Radiation | |
| | Noise | |
| | Other (Specify) | |

PHYSICAL DEMANDS:

(Essential functions strength rating for position - see Job Analysis)

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|--|-------------------|---|
| | Sedentary | Exert up to 10# occasionally or negligible force frequently |
| | Light | Exert up to 20# occasionally, < 10# frequently or negligible force constantly |
| | Medium | Exert up to 50# occasionally, up to 25# or up to 10# constantly |
| | Heavy | Exert up to 100# occasionally, up to 50# frequently or up to 20# constantly |
| | Very Heavy | Exert > 100# occasionally, > 50# frequently or > 20# constantly |

I HAVE READ AND UNDERSTAND THIS POSITION/JOB DESCRIPTION, AND HAVE BEEN PROVIDED THE OPPORTUNITY TO ASK QUESTIONS AND RECEIVE APPROPRIATE ANSWERS. I ALSO UNDERSTAND THAT REASSESSMENT OF ABILITIES TO MEET POSITION REQUIREMENTS MAY BE PERIODICALLY REEVALUATED.

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| | | |
| Employee's Signature | Supervisor's Signature | Date |