UNMC Department of Neurological Sciences

Exercise Neuropsychology Lab

**Job Description: Exercise Specialist**

The Exercise Neuropsychology Laboratory (ENL) in the Department of Neurological Sciences is seeking a qualified individual to facilitate a research-based exercise program in women living with breast cancer. This position involves leading small group walking sessions at a local fitness center while monitoring heart rate, blood pressure, and participant safety. Learn more about the ENL at <http://bit.ly/ENLunmc>.

**Job duties include the following:**

* Completion of required laboratory trainings
* Leading small group walking sessions, which are held 3 times weekly at a local community-based fitness center for approximately 1 hour each session
* Modifying individual exercise prescriptions as needed and communicating modifications with the study’s lead coordinator
* Checking participant heart rate and blood pressure and monitoring participant safety during sessions
* Maintaining exercise session records

**What we expect from you:**

*Required Work Habits*

* Time: 3 hours each week spent leading small group exercise sessions
* Excellent organization skills
* Excellent verbal and written communication skills
* Ability to work effectively with other team members
* Ability to prioritize multiple tasks/responsibilities
* Strong interpersonal skills
* Travel to community fitness centers around the Omaha metro

*Minimum Qualifications*

* Bachelor’s degree in Exercise Science or related field
* 3 years of relevant experience as a personal trainer or group fitness instructor
* ACSM/NASM/NSCA/ACE certification in personal training, group exercise, or exercise physiologist
* CPR/AED/FA certification
* Ability to assess heart rate and blood pressure
* Knowledge of exercise prescriptions in clinical populations

*Preferred Skills and Experience*

* Knowledge of clinical research
* Relevant experience in exercise program delivery
* Familiarization with iOS mobile applications

**To apply:** letter of application and resume must be submitted to Lindsey Hanson, MS at lindsey.hanson@unmc.edu