



Job Posting Exercise Physiologist

Position Introduction:

Do you love helping people feel their best? Would you like to work in a fast-pace, fun, and supportive environment? Then consider a career at the Center for Well-Being!

About the Center:

Join a team that makes a daily positive impact in the lives of our community members! The Center for Well-Being (Center) is a local non-profit committed to creating a healthier, more equitable Sonoma County for all. Our community-based work advances systems and policies that address health and other inequities, and we have deep partnerships with local NGOs, health care providers, and advocacy groups to advance this work. We support individuals and families to live healthier, more active lives through education, advocacy, and resources – and we have fun while doing it! The Center champions a collaborative, communicative, and creative work culture where each individual is empowered to do their best and valued for their contribution to our mission. We also offer a competitive benefits package and a generous time off policy. Together, we transform lives!

Position Description:

The Exercise Physiologist will join the HeartWorks Cardiac Rehabilitation team and assist in fitness classes for adults recovering from a cardiac event. The Exercise Physiologist leads the exercise portion of Cardiac Rehab Phase II and III programs in partnership with an interdisciplinary care team. This is a great opportunity to join a dedicated group of individuals in a highly collaborative team environment that helps individuals regain their strength, confidence, and quality of life. Together we transform lives!

Status: Fulltime, Non-Exempt

Rate of pay: Starting hourly: \$25

Reports to: HeartWorks Manager

RESPONSIBILITIES:

- Supervise and provide a safe exercise environment for Phase II and Phase III cardiac rehabilitation patients. This includes monitoring patients' vital signs, ECG, and symptoms during exercise sessions.
- Administer exercise tolerance tests, such as graded exercise tests or cardiopulmonary exercise tests, to assess patients' exercise capacity and develop appropriate exercise prescriptions.
- Document patient progress, including hemodynamic, electrocardiographic, and symptomatic responses to exercise, in the medical record.
- Educate patients on exercise principles, risk factor modification, and other lifestyle changes to reduce future cardiovascular complications.



- Collaborate with the multidisciplinary healthcare team to develop and implement individualized treatment plans for cardiac rehabilitation patients.
- Provide technical support and assistance during emergency situations, such as patient resuscitation.
- Maintain and calibrate exercise testing and rehabilitation equipment.
- Performs floor exercise with participants, demonstrating correct body mechanics and proper use of equipment to prevent injury and follow exercise prescription.
- Assists participants in completing their exercise charts.
- Obtain and compile appropriate medical records.
- Maintains current knowledge level of cardiac rehabilitation recommendations through continuing education conferences, journals and staff in-services.
- Recruits' participants through provider referrals and Phase II Cardiac Rehab program.
- Orders necessary supplies with pre-approval by NCCWB.
- Participates in community health activities to promote all NCCWB programs and attends fundraising events.

QUALIFICATIONS/ REQUIREMENTS:

- Four-year degree in Kinesiology or related field from an accredited college or university.
- Experience in healthcare or similar organization leading exercise programs with high-risk populations.
- Ability to work collaboratively in a fast pace and dynamic team-based environment.
- Ability to effectively communicate with, coach, and support individuals from a wide range of backgrounds, abilities, and literacy levels.
- Ability to be on your feet all day.
- Ability to work independently.
- Strong communication skills both verbal and written.
- Strong interpersonal skills.
- Group leadership skills, including an understanding of group dynamics.
- Proficiency with Microsoft Office applications including Outlook, Word, and Excel.
- Detail oriented with consistent follow-through.
- Experience working with frail and elderly clients.

LICENCE/CREDENTIALS:

1. *Required:* Must have current CPR and advanced cardiac life support (ACLS) certifications (within 30 days of hire)
2. *Preferred:* Recognized national certification in personal training (ACE, ACSM, NSCA, NASM)