

Job Title: Wellness Specialist

Job Location: NASA's Kennedy Space Center, FL

Job Classification: Non-Exempt

Job Type: Regular, Full-Time

Where to Apply: imssf.com

Job Duties/Functions:

This position reports to the Wellness Coordinator/KSC Fitness Center Supervisor. This position will assist with both the fitness center and health education programs. This position will support the fitness center by providing instruction on proper use of equipment and personal training, conducting fitness assessments, instructing group exercise classes, and focusing on customer service, safety, cleanliness, and improving overall health. This position will contribute to the health education and wellness program by implementing all aspects of current programs including health screenings, providing reputable resources for at-risk cardiovascular disease and diabetic employees, planning health events, developing monthly health education packets, and providing lectures and presentations to employees.

Education/Training:

- BA/BS degree in Health Promotion, Health Education, Public Health or Exercise Science desired. Other related field may be considered.
- Certification with ACSM-HFS, NSCA-CSCS, or equivalent
- CPR/First Aid certification

Knowledge/Skills/Abilities:

- Good understanding of health promotion methods
- Provides individualized employee recommendations for lifestyle changes and reputable resources for specific health related issues as requested by employees
- Compiles and submits health-related articles for company and client newsletters
- Strong communication and public speaking skills
- Provide lectures and presentations relating to a wide range of health related issues
- Plan and facilitate special events and programs
- Ability to demonstrate verbally and/or physically the proper use of exercise equipment and to provide feedback to improve members' technique/form for safer more effective activity
- Perform fitness assessments
- Instruct group exercise classes
- Provide personal training
- Provide superior customer service
- Ensure a safe and clean facility
- Assist all staff members

- Advertising and marketing

Working Conditions:

Must thrive in a team atmosphere and effectively work with all levels of employees. General office environment may require minor lifting and bending. Must be able to work varying shifts to cover KSC Fitness Center hours and wellness programs and events.

Complies with all Company safety policies and site-specific safety procedures. Participates in and supports the KEMCON safety program. Ensures safe operating conditions within area of responsibility. Identifies potential hazards, concerns, and safety incidents and reports to supervisory personnel.

*We are an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.
IMSS is a drug-free workplace.*