



Job Description

Position Title: High School Fitness Teacher

Purpose of Position

The High School Fitness Teacher fulfills the mission of Des Moines Christian School by equipping minds through engaging, innovative instruction and nurturing hearts by mentoring young people as spiritual leader and role model. The Fitness Teacher creates a flexible, independent study program for physical fitness favorable to learning and personal growth. This teacher diagnoses, prescribes, evaluates, and motivates students to develop skills, attitudes and knowledge needed to provide a good foundation for education in accordance with each student's ability and the school's wellness objectives, either singly or in collaboration with other staff members.

Position

- Part-time (50%)
- Schedule: Positions schedule will vary, but will typically be scheduled from approximately 1:30 with a varying end time of 5:30pm or 6:00pm depending on the school activity schedule.
- Salaried, contracted employee - 185 days
- Part-time Benefit Eligible / School Year

Reports To: High School Principal
Evaluated By: High School Principal
Direct Reports: None
Salary Scale/Pay Grade: Teacher

Qualifications

- Minimum of a BS/BA in the area of Education, Exercise Science or another related field required.
- Applicable Iowa License preferred.
- In agreement with the Des Moines Christian School (DMCS) Statement of Faith.
- Active member/regular attendee of Bible believing church.

Professional Profile:

- Committed to the mission of DMCS.
- Demonstrates technology skills appropriate for the grade level and subject areas.
- Characterized by integrity.
- Maintains confidentiality.
- Models Christ-like behavior in word and behavior both in and out of the classroom.
- Demonstrates consistent spiritual leadership.
- Demonstrates excellence in communication.

Responsibilities:

Independent Study Instruction:

- Equips high school students in the area of physical fitness for the development and understanding of the relationship between healthy body function and exercise.
- Prepares and administers pre and post fitness assessments to collaboratively establish Individual Health Plans (IHPs) with students and measure their progress.
- Utilizes a variety of progress monitoring tools such as portfolios, videos, self-reflection logs, etc.
- Explains and enforces safety guidelines for various fitness activities, including the use of exercise equipment.

Strength & Conditioning Instruction:

- Implements a safe and effective strength & conditioning program to improve physical performance for all high school student athletes during pre-season, in-season, and post-season training.
- Instructs and monitors student athletes on the correct execution of flexibility, agility, and speed development exercises.
- Evaluates student athletes to assess performance level and identify desired areas of improvement.
- Analyzes available data on strength and conditioning for new and returning athletes in order to identify potential levels of ability.
- Maintains strength & conditioning records in order to report on athlete (or team) status and progress.
- Collaborates with Athletic Director and coaches on sport specific strength and conditioning.
- Supervises the safe and successful operation of the DMCS Wellness Center
- Inventories equipment and recommends upgrades to equipment as needed.

Responsibilities for all DMCS Instructional Positions:

- Demonstrates ability to enhance academic performance, support for, and implementation of DMCS student achievement goals.
 - Accepts and demonstrates responsibility for creating a classroom culture that supports the learning of every student.
 - Creates an environment of mutual respect, rapport, and fairness.
 - Communicates with students, families, colleagues, and communities effectively and accurately.
- Demonstrates competence in content knowledge appropriate to the teaching position.
- Demonstrates competence in planning and preparing for instruction.
- Demonstrates competence in classroom management.
- Engages in professional growth.
- Fulfills professional responsibilities established by the school.
 - Adheres to board policies, school procedures, and contractual obligations.
 - Demonstrates professional and ethical conduct as defined by the state law and individual district policy.
 - Demonstrates an understanding of and respect for all learners and staff.
 - Collaborates with students, families, colleagues, and communities to enhance student learning.
- Demonstrates consistent spiritual leadership in the classroom and school through Biblically-directed, Christ-centered education.
 - May facilitate an Advisory group.



Responsibilities for all DMCS Instructional Positions (continued):

- Uses discipline measures and counsel that are based on Scripture, the DMCS student handbook and the DMCS employee handbook.
- Partners with parents through effective, consistent communication including but not limited to: emails, weekly lesson plans, and updated grade book.
- Serves others by enhancing the community at DMCS through active participation in school events and performing department tasks, willingly.
- Strives for excellence through the following:
 - Setting and achieving annual performance goals.
 - Attending staff meetings.
 - Fulfilling assigned duties, and completing professional requirements in a timely manner.
- All other duties as assigned by the Principal.