



VOLUNTEER POSITION DESCRIPTION

TITLE	HEALTH Coach
PURPOSE	To improve the quality of life of individuals with disabilities by planning, facilitating, and evaluating exercise and nutrition classes.
LOCATION	S4AF office at 5827 Charlotte Pike in Nashville, TN Classes are taught at community centers, parks, and agencies in the Nashville area
KEY RESPONSIBILITIES	<ul style="list-style-type: none"> <li>• Plan innovative activities that focus on healthy lifestyles for participants</li> <li>• Help individuals with exercise movements and concepts throughout class</li> <li>• Aid in leading exercise and nutrition classes</li> <li>• Assist program facilitator with gathering assessment data</li> <li>• Report attendance, activity, and overall evaluation of each class attended</li> </ul>
REPORTS TO:	Megan Graf (Wellness/Volunteer Coordinator)
QUALIFICATIONS	<ul style="list-style-type: none"> <li>• Individual who is energetic and enthusiastic</li> <li>• Passion for exercise and nutrition preferred</li> <li>• Needs to be open to inclusive activities and accepting of diversity</li> </ul>
SUPPORT PROVIDED	Text books, exercise curriculums, healthy cookbooks, exercise equipment, supervision and guidance from experienced group exercise instructors, computers for in-office use
BENEFITS	<ul style="list-style-type: none"> <li>• Learning to work with people of all abilities</li> <li>• Getting to be physically active while fulfilling internship hours!</li> <li>• Gather an understanding of how a nonprofit foundation operates</li> </ul>