



## **Special Olympics Michigan Health & Wellness Instructor: Part-Time**

### **The Opportunity:**

As a Part-Time Health and Wellness instructor, you will play an integral part in fulfilling the mission of Special Olympics Michigan (SOMI), utilizing sports, health, and athlete leadership to create a more inclusive world.

You will work with an amazingly talented, dedicated group of colleagues and community members in implementing health and fitness programming throughout a specific region in Michigan. This position will consist of planning, organizing, and conducting programming in person and virtually to improve the health of Special Olympics Michigan athletes. Our team members help SOMI athletes achieve their dreams and reveal their inner champion! Be part of the amazing work we do for our SOMI athletes, their families, and our communities.

### **What You Will Do:**

- Plan and implement the SOMIfit Health and Wellness Program, virtual and in person sessions.
- Collect, analyze, and input program data through pre and posttest collections.
- Create at home assignments/workouts for athletes to complete.
- Oversee in-person health and wellness screenings.
- Plan and implement virtual fitness challenges.
- Create virtual content for use on social media accounts, newsletters, and other program needs.
- Create health and wellness resources to be used in conjunction with all SOMI programs.
- Coordinate health and wellness themed booths and activities for Regional and State level competitions.
- Assist with follow-up care from Health Screening Events.
- Assist with data entry following Health Screening Events.
- Maintain and inventory program equipment.
- Communicate program information to participants.
- Other duties supporting the overall organization.

### **What You Will Bring:**

- A dedication to helping others find their inner champion!
- A commitment to serving the community.
- Experience leading individuals or groups through exercises or lessons.
- Working knowledge of the health, wellness, and fitness field
- Positive people skills and the ability to communicate effectively.
- The ability to perform the essential functions and requirements of the job with or without accommodation.
- Ability to travel evenings and weekends.
- Computer knowledge in MS applications.

- Knowledge and experience collaborating with persons with intellectual and physical disabilities helpful.
- Ability to meet both in person and virtually.
- Ability to work both individually and as a part of a team.
- Must have own transportation and travel sixty miles.
- Must be able to lift a minimum to twenty-five pounds.

**Location:**

This is a part-time position located in Southeast, Michigan with that involves travel as needed.

If you are interested in this opportunity, please send cover letter and resume to [somi@somi.org](mailto:somi@somi.org).

**NON-DISCRIMINATION POLICY**

*Special Olympics Michigan is proud to be an equal opportunity employer. We do not discriminate on the basis of race, color, religion, sex, gender identity or expression, national origin, political affiliation, sexual orientation, marital status, disability, neurodiversity, age, parental status, socio-economic background, military service, or any other characteristic or status protected by applicable law.*

*We strive to create a workplace that reflects the communities we serve and where everyone feels empowered to bring their full, authentic selves and can do their best work.*