



468 New Market Boulevard, Boone, North Carolina, 28607

Title: Fall Prevention Exercise Class Instructor

Type of Position: Part-time

Department: Area Agency on Aging

Revised: 2023

General Statement of Duties: The High Country Area Agency on Aging, a department of the High Country Council of Governments, is seeking to fill a part-time Fall Prevention Exercise Class Instructor. This position involves regional travel around the High Country to teach evidence-based exercise classes to groups of older adults. These classes are designed to help older adults increase balance and confidence to prevent falls. Some of the potential programs the Fall Prevention Exercise Class Instructor would teach include but are not limited to: “Tai Chi for Arthritis and Fall Prevention” and “A Matter of Balance.” The ideal candidate is passionate about working with older adults, confident in leading groups as an instructor, has a flexible schedule, and is willing to travel to teach classes throughout the High Country. All travel time is paid, and the instructor will have access to a work vehicle. Work is performed under the general supervision of the Area Agency on Aging (AAA) Director. Candidates from any area of our 7-county region (Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey) are encouraged to apply. Compensation is \$20.00 per hour.

Essential Duties and Responsibilities:

- Attend and pass the training for “A Matter of Balance” and “Tai Chi for Arthritis and Fall Prevention” classes to become a certified instructor.
- Work with the AAA team to coordinate and schedule classes throughout the High Country.
- Teach classes on a weekly basis depending on the program.
- Be attentive to the needs of all class participants with a commitment to safety, efficacy of the programs, and fun.
- Establish clear lines of communication with all class participants to discuss changes to the class schedule and other details about the class.
- Communicate with high levels of empathy and care while instructing older adults.
- Maintain detailed and accurate program documentation, including the submission of attendance lists and participant forms.
- Adhere to high standards of program fidelity within each evidence-based exercise class.
- Maintain communication with the AAA health promotions specialist and AAA director.

Physical Requirements: Must be able to physically perform the basic operational skills of talking, hearing, and repetitive motions. Must be able to perform sedentary work exerting up to 10 pounds of force occasionally, and/or a negligible amount of force frequently or constantly, and lift, carry, push, pull or otherwise move objects. Must be able to stand for over one hour and perform light exercise movements.

Special Requirements: Must possess a valid North Carolina driver’s license. Travel is required within the seven county High Country region.

Education, Experience, and Desired Skills: Ideal candidate will be organized, able to communicate effectively verbally, and enthusiastic about instructing groups of older adults. Background in group instructor or fitness classes is preferred.

The High Country Area Agency on Aging is a department of the High Country Council of Governments (HCCOG). HCCOG is an equal opportunity employer.