

DIVISION SCOPE OF SERVICE

Division: CAPITAL
Classification: FITNESS INSTRUCTOR
Applicant Name:
<p>Fitness Instructor: The Fitness Instructor must have equivalent qualifications, competence and function in the same role as employed individuals performing the same or similar services at the facility, as defined by facility job description.</p> <p>Definition of Care or Service: The Fitness Instructor provides a service that uses a system of physical conditioning designed to enhance circulatory and respiratory efficiency that involves rigorous sustained exercise. Scope of service may include:</p> <ul style="list-style-type: none"> • Assist in reducing awareness of pain. • Observe patient's needs: sleep, pain relief, anxiety, etc. and inform practitioner. • Providing hope, comfort, soothing balm for the body, mind and spirit of the patient. • Providing comfort to grieving family members. • Demonstrates Clinical and Service excellence behaviors to include code of HCA conduct core fundamentals in daily interactions with patients, families, co-workers and physicians.
<p>Setting(s):</p> <ul style="list-style-type: none"> • Healthcare facilities including but not limited to hospitals, outpatient treatment facilities. • Patient care areas, all settings
<p>Supervision: Direct supervision by department director, site manager or designee</p> <p>Evaluator: Department Director or designee</p> <p>Tier Level: 2</p> <p>eSAF Access Required: YES</p>
<p>Qualifications:</p> <ul style="list-style-type: none"> • High School degree/GED or higher • Personal Training Certification • American Heart Association or Red Cross health care provider BLS Certification <p>Preferred Qualifications:</p> <ul style="list-style-type: none"> • Personal Training Certification is preferred through an accredited body such as ACE (American Council on Exercise) <p>NOTE: Where education may not be defined in qualifications area of the Scope, HCA requires the highest level of education completed (not training or courses) confirmed on your background check.</p>
<p>State Requirements:</p> <ul style="list-style-type: none"> • N/A
<p>Experience:</p> <ul style="list-style-type: none"> • At least 1 year of Group Fitness Training
<p>Competencies: The Fitness Instructor will demonstrate:</p> <ul style="list-style-type: none"> • Ability to compassionately and empathetically interact with others



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- Infection Prevention
 - Practices consistent hand hygiene
 - Uses personal protective equipment (PPE)
 - Complies with Isolation precautions
 - Required immunizations per Division requirement

References:

ACE Certification

<https://www.acefitness.org/education-and-resources/lifestyle/find-ace-pro>

NFPT Certification

<https://www.nfpt.com/verify>

NASM CERTIFIED PERSONAL TRAINER

<https://www.nasm.org/resources/validate-credentials>

Document Control:

- Created 9/4/2018
- Cosmetic update 12/1/2022

Your signature confirms you will be able to comply with the Qualifications and Competencies listed within this Scope of Service and that you will confirm education via your background check.

Applicant Printed Name: _____

Signature: _____

Date: _____