

WEIGHTLIFTING INSTRUCTOR

DISTINGUISHING FEATURES OF THE CLASS: This is a skilled position involving the supervision and training of youth at various recreational facilities in the instruction of weightlifting rules, regulations and techniques. The Weightlifting Instructor leads and participates in the warm-up and instruction of youth in preparation for weightlifting training. By nature of this position, the incumbent is given latitude for independent judgment in scheduling and selecting the criteria for participation in weightlifting programs and tournaments. The Weightlifting Instructor is under the general supervision of the Commissioner of Recreation and provides direct supervision to Recreation Aide(s), who assist with the instruction of the youth.

TYPICAL WORK ACTIVITIES: (Illustrative Only)

- Instructs and trains youth on the rules, techniques and skills of weightlifting;
- Ensures the facility is appropriately equipped and maintained for weightlifting lessons;
- Leads and participates, as well as supervises Recreation Aide(s) in the performance of their duties;
- Plans and coordinates weightlifting tournaments;
- Performs related work as required.

FULL PERFORMANCE KNOWLEDGE, SKILLS, ABILITIES AND PERSONAL CHARACTERISTICS:

- Good knowledge in the instruction and training of youth on the techniques and skills in the art of weightlifting;
- Good knowledge in designing and implementing weightlifting programs;
- Ability to design, coordinate, plan, promote and participate in weightlifting tournaments;
- Ability to communicate effectively with young people;
- Ability to get along well with others;
- Ability to supervise the work of others;
- Dependability;
- Tact and courtesy;
- Physical condition commensurate with the demands of the position.

SEE REVERSE SIDE

MINIMUM QUALIFICATIONS:

Graduation from a regionally accredited or New York State registered college or one accredited by the New York State Board of Regents to grant degrees with an Associate's Degree** in Physical Education or a closely related field and three (3) year's experience in the formal training of weightlifting, one (1) year of which was supervisory experience.

**Two (2) years of paid fulltime experience in weightlifting instruction is equivalent to (1) year of college.

SPECIAL REQUIREMENT: A valid NYS Driver's License is required at the time of appointment and for the duration of employment.

SPECIAL NOTE: An incumbent must be recognized in the sport of weightlifting through achievements and awards.

Non-Competitive – NYS CSC 3/24/03