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| Fitness Trainer |
| *Role Descriptor* Fitness Trainers ensure that the team is properly prepared physically for active participation in team practices and games. They lead and demonstrate safe and appropriate exercises for the entire team. |
| *Good Fitness Trainers . . .*   * Lead team warm-ups as part of team practice sessions. * Incorporate appropriate exercises that target all fitness domains (i.e., CV/muscular strength and endurance/ flexibility). * Design a variety of exercises so as to avoid boredom among team members during conditioning exercises. * Provide leadership in developing team’s conditioning schedule. |
| *Your Teacher Will Look For You To . . .* Demonstrate leadership skills.  * Be familiar with appropriate fitness tasks. * Motivation of peers. * Ability to demonstrate proper techniques of warm-up/fitness tasks. * Dynamic and motivating style of interacting with peers. |

***From Complete Guide to Sport Education (3rd ed.); Siedentop, Hastie,***

***& van der Mars, 2020, Champaign, IL: Human Kinetics.***