

TITLE Assistant Instructor

PROGRAM Ballroom Basics for Balance™

QUALIFICATIONS

- Ability to communicate verbally and in writing in a clear, effective, appropriate and timely fashion
- Participation in instructor training session and/or
 - Proven ability to conduct balance and cognitive tests (as chosen for course)
 - Proven ability to physically guard adults

FUNCTION

Safely lead or assist in teaching and educating Participants of community fitness/balance class utilizing dance, therapeutic exercise, therapeutic activities, and other methods for those with history of or fear of falls; about balance, falls prevention and safe mobility

RESPONSIBILITIES

- Teach and answer questions about elements of balance, risk of falls, dance steps
- Conduct and score balance, falls and cognitive assessment tests
- Physically guard Participants in a safe and appropriate manner and assist them as needed; represent this class to the community at large
- Encourage Participants to attend to signs and symptoms of health compromise and to safely practice and to communicate with their health care providers about falls prevention and balance
- Communicate in a timely manner with Primary Instructors
- Attend and participate in all classes trainings, and meetings (virtual and in-person)
- Keep Participants' information, behaviors and images confidential
- Assist with Participant and environment safety and layout as needed

OPTIONAL ROLES

- Assist in research in support of: Falls prevention and balance; group fitness, social and community exercise; safe mobility and adjunct support including music and cognitive status
- Lead dance instruction
- Compile music playlists, take photos or video
- Participate in interviews or engage in other media promotions

SUPERVISED BY

Primary Instructor

COMPENSATION

This position may be volunteer or paid.

RELATED DOCUMENTS

“Instructor Guidelines”, “Waiver for Instructors”, “Basic Flow for Instructors”, “Position Description – Primary Instructor”