

Exercise Science Graduate Assistant Position Description:

The Exercise Science Graduate Assistant has three main areas of responsibility: 1) Adult Fitness Program, 2) teaching physical activity classes, and 3) Assessment, Testing and Prescription (ATP) lab.

Adult Fitness Program (AFP):

Responsibilities include:

- Administering new, annual, and progress screenings for participants
- Developing exercise prescriptions for participants
- Stratifying participant's risk for cardiovascular disease
- Providing exercise training for participants
- Managing the AFP office – paperwork, inventory, scheduling
- Potentially teaching pilates or group fitness classes

Check out http://castle.eiu.edu/~adult_fitness/index.php for a description of the Adult Fitness Program.

Teaching Physical Activity Classes:

Responsibilities include:

- Teaching one to three physical activity classes per semester in the Department of Kinesiology and Sports Studies.
 - Courses available may include (but are not limited to): aqua aerobics, aerobics, basketball, bowling, tennis, volleyball, and weight training. The department attempts to match students with appropriate courses based on preference and competency.

Assessment, Testing, and Prescription (ATP) Lab

Responsibilities include:

- Supervising undergraduate students
- Mentoring undergraduate students in the development of fitness assessment skills
- Evaluating undergraduate students' laboratory performance
- Managing the lab – paperwork, inventory, scheduling