

## FRESH INTEGRATION SPECIALIST

*FLSA Status: Exempt*

### **GENERAL DEFINITION OF WORK:**

Provides information and opportunities to classroom teachers to integrate physical activity and nutrition into the core curriculum and school culture. Work is performed under general supervision.

### **ESSENTIAL FUNCTIONS/TYPICAL TASKS:**

**Communicates with and provides training and support to classroom teachers related to nutrition information, physical activity and other wellness topics.**

(These are intended only as illustrations of the various types of work performed. The omission of specific duties does not exclude them from the position if the work is similar, related, or a logical assignment to the position.)

- Compiles lessons/activities that integrate physical activity and nutrition information into the core curriculum and school culture
- Shares with all teachers lessons/activities that integrate physical activity and nutrition information into the core curriculum and school culture (via any or all of the following: staff development, handouts, website)
- Provides instruction and modeling to teachers/staff so that they will integrate physical activity and nutrition information into the core curriculum and school culture.
- Collaborates with the FRESH Program staff to create video and on-line resources to demonstrate physical activity and nutrition lessons and activities.
- Visits classrooms and provides feedback to teachers who are integrating physical activity and nutrition information into core curriculum and school culture.
- Provides instruction, modeling, and resources to teachers/staff so that they will increase students' physical activity during recess and walk-and-talk.
- Provides instruction, modeling and resources to teachers/staff so that they will integrate brain breaks into core curriculum and the school day.
- Works with the school Wellness Leader to plan and help implement healthy changes for staff, students and families.
- Assists with the data collection and evaluation of the program.
- Performs other related duties as assigned.

### **KNOWLEDGE, SKILLS AND ABILITIES:**

Extensive knowledge of health education and wellness topics such as nutrition and physical fitness. Excellent communication skills and ability to develop rapport with adults and children. Excellent time management and creative thinking skills. Enthusiasm and passion for helping students and teachers develop healthy eating and active lifestyle habits. Ability to be a healthy lifestyle role model. Experience as an academic classroom teacher and experience training/teaching adults.

### **EDUCATION AND EXPERIENCE:**

Must possess a college degree in either elementary education, secondary education, science, nutrition, health communication, social sciences, public health or physical education; must be eligible for a Virginia Teacher's license.

### **PHYSICAL REQUIREMENTS:**

This is sedentary work requiring the exertion of up to 10 pounds of force occasionally and a negligible amount of force frequently or constantly to move objects; work requires fingering, and repetitive motions; vocal communication is required for expressing or exchanging ideas by means of the spoken word; hearing is required to perceive information at normal spoken word levels; visual acuity is required for preparing and analyzing written or computer data, determining the accuracy and thoroughness of work and observing general surroundings and activities; the worker is not subject to adverse environmental conditions.

### **SPECIAL REQUIREMENTS:**

None

Reasonable accommodations may be made to enable individuals with disabilities to perform the essential tasks.