

Fitness Program Coordinator (193)

Reports to: Program Manager, Cadet Core Curriculum

Function: To assist the National Cadet Team in the analysis, development, and continuous improvement of the Cadet Fitness Program.

Responsibilities include:

- Provide subject matter expertise in youth fitness programming and evidence-based best practices.
- Analyze existing cadet fitness standards and assess their effectiveness and relevance.
- Analyze Cadet Physical Fitness Test performance statistics; call attention to trends, areas needing improvement, and areas of excellence
- When the need arises, lead the revision and modernization of the current fitness program and, as needed, support the development of new fitness program models.
- Support adult leaders by offering guidance, resources, and best practices for implementing fitness programming at the unit and activity level.
- Collaborate with internal stakeholders to ensure fitness programs align with broader youth development goals.
- Perform other duties as assigned

Desired requirements for the position:

- Completion of Level I is required.
- Minimum grade of 1st Lt or SSgt.
- Technician-Rated in Cadet Programs
- Demonstrated expertise (professional or otherwise) in youth fitness programs and age-appropriate fitness best practices.
- Proficiency in Microsoft software: Excel, Teams, PowerPoint, Word

Term Limit: *3 years*

Additional Duty: *Yes*

Eligible for National Staff Badge: *No*

Requires capnhq.gov email or cap.gov: *Yes (cap.gov)*

Requires NHQ access to Microsoft Teams: *No*

This is a volunteer position and does not include salary or benefits