

## Training Instructor (PT/SWIM)

### INTRODUCTION:

This position is located at Naval Aviation Schools Command (NAVAVSCOLSCOM), Pensacola, FL. The instructor will provide Physical Training (PT) and swim training for Aviation Rescue Swimmer School (ARSS) students assigned to the Aviation Enlisted Aircrew Training School (AEATS).

### MAJOR DUTIES AND RESPONSIBILITIES:

1. Provides formal classroom instruction/outdoor field PT and formal classroom instruction/swim training in accordance with established Aviation Rescue Swimmers Preparatory course (CIN A-050-0612) curricula respectively. Provides training to successfully improve students' physical stamina, cardio health and strength fitness to meet ARSS course prerequisites and/or in-course High Risk Training (HRT) swimming curricula standards. Demonstrates and leads all student physical training evolutions in accordance with PT/swim course curricula while ensuring compliance with established safety standards and Standard Operating Procedures (SOPs). Administers Physical Standards Tests in compliance with Department of the Navy (DON) and/or Marine Corps directives. Reviews curricula and SOP and recommend corrective action to promote quality of instruction and safety guidelines.

Maintains accountability for students' locations, medical fitness-to-train, and deficiencies that could impact safety guidelines. Ensures students are mustered and delivered on-time for administrative and training evolutions conducted by other organizations for PT/swim training deficiencies. Performs duties including, but not limited to, those to mitigate and reduce aircrew/rescue swimmer training attrition, limitations and deficiencies to meet prerequisites and in-course objectives and standards. 60%

2. Prepares appropriate administrative documentation related to students and maintain student required training metrics.

30%

3. Participates in scheduled Emergency Action Plan (EAP) drills and be prepared to activate the EAP for an actual training injury or mishap in accordance with NAVAVSCOLSCOM instruction(s).

10%

Performs other duties, as assigned.

## FACTOR EVALUATION SYSTEM (FES) CRITERIA:

### Factor 1. KNOWLEDGE REQUIRED BY THE POSITION:

- Knowledge of training to apply the principles and techniques of education to help students acquire physical fitness and swimming skills needed for DON course requirements.
- Knowledge of health and fitness fields.
- Knowledge of DON safety programs and regulations.
- Knowledge of curriculum development to review and provide constructive feedback.
- Knowledge and skills in utilizing computer software to include Microsoft Office and Outlook.
- Knowledge and ability to teach/test physical fitness and swim standards.
- Ability and skill in oral and written communication skills for effective management, supervision, and instruction of students.

### Factor 2. MONITORING/EVALUATING CONTROLS:

The contractor employee teaches independently using their knowledge of the curricula and safety instructions. The government relies on the contractor employee to deliver training safely and effectively. The contractor employee teaching effectiveness is monitored/evaluated and critiqued regularly.

### Factor 2. GUIDELINES:

Guidelines include Remedial PT/Swim Lesson Topic Guides (LTGs), DON, Naval Education and Training Command, Center for Naval Aviation Technical Training, Chief of Naval Air Training, NAVAVSCOLSCOM, AEATS SOPs and other HRT/MRT training materials.

### Factor 3. COMPLEXITY:

Work involves instructing aircrew students who require PT/swim training to quickly improve their physical stamina, cardio health, endurance and strength fitness and swim techniques in order to meet ARSS course prerequisites and satisfy the HRT/MRT physical swim training course objectives. Additionally, the incumbent must be able to recognize the signs and symptoms associated with students in distress and render assistance, as needed, while teaching requisite skills to group settings at various locations to meet course objectives.

### Factor 5. SCOPE AND EFFECT:

The scope and effect of the incumbent's teaching is far-reaching. The DON relies on the expertise of the incumbent to provide approved training to students who need to develop and improve their physical fitness and swimming abilities in order to commence or return to training to meet the minimum graduation criteria.

### Factor 6. PERSONAL CONTACTS:

Personal contacts are made daily with military students, military and civilian co-workers and the ARSS government staff. The incumbent often attends group meeting and briefings initiated by the ARSS staff.

### Factor 7. PURPOSE OF CONTACTS:

Contacts are for the purpose of instructing students and interacting with co-workers and ARSS staff for standardization of training.

Factor 8. PHYSICAL DEMANDS:

Requires excellent physical and mental condition to maintain qualifications as a remedial PT/swim instructor and to serve as a role model; and involves High-Risk Training/Medium Risk Training (HRT/MRT) and is physically demanding requiring better than average physical stamina, cardio fitness and strength training.

Factor 9. WORK ENVIRONMENT:

Regularly performs work in varied environments to include office spaces, classrooms, gymnasiums, PT fields, running tracks, swimming facilities, etc. Outdoor training is subject to significant environmental extremes of hot and cold depending on time of year.

CONDITIONS OF EMPLOYMENT:

- Pre-employment physical required, as position is part of the Medical Evaluation Program, i.e., annual medical evaluation is required to ensure physical requirements are satisfied; requiring high risk training screening as outlined in NETCINST 1500.13B (or successor instruction)
- Must pass High Risk Instructor screening in accordance with OPNAV 1500.75 upon appointment.
- Must have the Navy Enlisted Classification (NEC) 9502 or 805A, Navy Instructor Training Course (NITC).
- Must successfully complete Physical Training Instructor (PTI) course or other military branch or civilian equivalent within 2 months of employment if not previously completed and documented.
- Must obtain and maintain American Red Cross Adult CPR and First Aid certification within 6 months of employment.
- Must obtain and maintain valid driver license.
- Mandatory physical requirements immediately upon employment; and physical requirements must be maintained throughout employment and are subject to annual testing.
- Obtain and maintain lifeguard qualification.
- Qualify and be able to lead PTI Core Unique Instructor Training (QUIT).
- Pass an initial PST and re-certify annually.