

Adapted Physical Education – Instructional Aide

Job Description

Instructional Aids in the adapted physical education program work under the supervision of the instructor and assist students with disabilities in their exercise programs related to fitness, swimming, yoga, and/or bowling.

Listed below are the duties involved in their work:

1. Provide documentation of student's performance on their personalized exercise card.
2. Provide range of motion or stretching for students.
3. Provide manual resistance for strength training.
4. Monitor exercise and recovery heart rates.
5. Assist with exercise equipment set up.
6. Assist with wheelchair transfers.
7. Assist with students swimming skills and hydroexercise.
8. Assist with postural positioning and movements in yoga.
9. Assist with bowling activities.
10. Clean exercise equipment and room.