Position Description

TITLE: Student Worker, Personal Trainer

RESPONSIBILITIES:
Personal Trainers assess, discuss, motivate, and teach clients how to improve their physical fitness, strength or physique. By providing quality, personalized instruction, the personal trainer is to challenge the client, by providing a fun, safe, and professional approach towards to the client’s goals. This is a part-time position paid on an hourly basis.

- Arrive at least 10-15 minutes prior to the session to prepare music (if necessary), set up equipment, and greet client as they arrive.
- Interact with client(s) ensuring that they have a positive, safe experience.
- Run each session in accordance with the client’s specific goals. Adjust session intensities to adapt to each client’s physical capabilities and goal(s).
- Start and end sessions on time.
- Ensure all equipment is put away, rooms are clean and client’s questions are answered after the session is complete.
- Take initiative and work independently to complete responsibilities as it relates to the position.
- Attend mandatory staff meetings and trainings.
- Remain current with all personal training, BBP, and CPR/AED certifications through continuing education workshops or classes.
- Submit up-to-date documentation of all certifications to professional staff.
- Keep substitutions and transferring clients to a minimum, preferably for urgent matters only.
- Remain knowledgeable of Campus Recreation policies, programs, and services.
- Maintain a thorough understanding of all risk management procedures concerning fitness facilities and programs.
- Uphold Campus Recreation mission, vision and values and represent the department in a professional manner at all times.
- Other duties as assigned

MINIMUM QUALIFICATIONS:
To be considered for this position you must meet the following requirements:
- Hold current nationally recognized personal training certification (ACSM, NSCA, NASM, or ACE preferred)
- Current American Red Cross CPR/AED/First Aid for Professional Rescuers certification

ADDITIONAL QUALIFICATIONS CONSIDERED:
- Able to lift and carry up to 50 pounds or more

AVAILABILITY:
Flexible scheduling – need to be available during days, nights, and weekends

LOCATION:
Main Campus – Campus Recreation Center
East Campus – Fitness Center at CARE/Crawley

SALARY:
Hourly Rate - $11.50 - $12.00/hr