

Job Description

Position: Personal Trainer

Overall Responsibility: Train Fitness Center members one-on-one according to outlined policies, expectations and responsibilities.

Job Duties and Responsibilities:

- Create and demonstrate a safe and effective exercise program for members of the Fitness Center in accordance with the personal trainer coordinators and Fitness Center manager.
- Maintain professional standards among clients. These standards include: punctuality, proper attire and the creation and maintenance of a friendly, safe and motivating training relationship.
- Constantly strive for excellence in the personal training position at the fitness centers. Serve as a knowledgeable and responsible information source to all members.
- Properly complete and turn in all personal training related paperwork.
- Assist with the delivery of special events and program.
- Attend at all staff meetings, trainings and educational sessions.
- Communicate regularly with the management of the Fitness Center and provide assistance when it is requested.

Qualifications:

- Must maintain an overall 2.0 GPA
- Successful completion of "Introduction to Personal Training" (HSC 232) and Practicum (HSC 397).
- Strong interpersonal and customer service skills
- Respectable, responsible and a positive role model
- Personal commitment to wellness and fitness
- CPR certification (will be offered through Fitness Center)

Terms of Employment

- The academic year constitutes a term of employment.
- The rate of pay is (minimum wage + \$0.25) per hour and a free membership to the Fitness Center.
- Personal Trainers are required to arrive to campus a few days before the start of the semester for staff training each semester.
- Personal Trainers may be required to work at both Fitness Centers, on weekends and evenings. Personal Trainers must maintain at least 6 hours/week (2-3 clients).
- Feedback will be ongoing. If a situation arises that needs attention it will be addressed promptly and a time line for desired change will be established. In addition, all Personal Trainers will receive a midyear formal evaluation.
- Failure to meet the responsibilities of the position as stated in Fitness Center operations manual may be grounds for personnel action (i.e. written warning, employment probation or termination).