



DIVISION OF STUDENT AFFAIRS

## Personal Trainer

**Job Title:** Personal Trainer

**Hourly Pay Rate:** \$10

### Job Summary

Personal Trainers assess, plan, and train clients seeking to improve their fitness and wellness levels. Campus Recreation Personal Trainers must hold a current nationally accredited certification for personal training in addition to holding CPR/First Aid/AED certifications. Their main roles and responsibilities are to plan and lead safe, effective, fun and personalized training experiences to help clients meet their fitness and wellness goals. Trainers are paid \$10 an hour and are responsible for keeping their certifications up-to-date.

### Employee Expectations

All trainers will demonstrate outstanding customer service and high levels of professionalism. Personal trainers are expected to be prepared mentally, physically, and emotionally at all times to perform their job duties. They shall demonstrate a willingness to positively interact with fellow employees, patrons, and clients.

### Qualifications / Certifications

- Previous experience working as a PT or in a fitness setting preferred
- Available to train at least one client a semester
- Must hold a current certification lay responder level or higher in CPR/AE/First Aid (American Rec Cross preferred)
- Personal characteristics including: positive attitude, outgoing personality, independence, and strong work ethic
- Perform some task that require physical labor, including re-racking weights for clients, spotting clients, and wiping down equipment after client use

### General Job Responsibilities

- Consistently uphold all Campus Recreation department policies and procedures for participants and maintain employee expectations
- Respond to emergencies and assist Recreation Supervisor or Recreation Specialist to implement emergency action plans
- Demonstrate commitment to excellence, service, and professional appearance standards
- Attend all staff trainings, meetings, in-services, and client training sessions as scheduled

- Must train at least one client a semester and become involved in at least one of the following opportunities: 1. Small Group Training; 2. Wellness Programming; 3. Fitness Assessment Facilitations; or 4. Fitness and Exercise Orientations
- Facilitate personable client consultations and fitness assessments
- Plan and implement customized personal training programs for clients
- Strive to obtain personal, professional, and departmental goals
- Check e-mail daily for departmental and job specific updates and will respond in a timely manner
- Other duties as assigned