

# CAMPUSREC

## **Personal Trainer**

**10-15 Hours/Week • \$17.97/Hour**

Campus Rec Personal Training helps clients realize their unique health and wellbeing goals in a fun and safe environment by creating rapport, providing coaching and support, and building client confidence. Trainers are committed to helping the PT program realize its vision to inspire the PSU community to pursue and enjoy an active and balanced lifestyle.

### **Duties and Responsibilities**

- Design and implement workout programs for a variety of clients. Sessions are primarily in person but may include occasional virtual sessions.
- Work at least one Fitness Center Staff shift per week (3-4 hours), for at least the first term of employment.
- Provide a detailed introduction to weight and cardio areas.
- Demonstrate and coach clients on the proper use of cardiovascular and strength equipment, as well as the proper form and technique for bodyweight exercises.
- Promote safe technique and form when training.
- Responsible for appropriate use of all training related equipment.
- Discuss health and fitness goal setting, aid in setting realistic goals, and inspire each participant to reach their goals.
- Keep detailed and accurate records of client information and maintain client confidentiality.
- Provide reliable resources and contact information for clients as necessary.
- Educate clients on the policies and procedures of the Rec Center and uphold them during all sessions.
- Maintain availability allowing for a minimum of 15 hours per week of training and 5+ clients.
- Report all injuries, vandalism, equipment needs and problems immediately to appropriate staff.
- Be knowledgeable about all Campus Rec programs and serve as a resource to clients and participants.
- Attend and actively participate in all mandatory staff meetings and training.
- Uphold Campus Rec's mission, vision, values and dignity statements.
- Uphold Campus Rec Personal Training's mission and vision.
- Maintain regular communication with the Fitness Coordinator/Personal Training Student Coordinator
- Handle other duties as assigned by the Fitness Coordinator/ Personal Training Student Coordinator
- May be asked to contribute to the online presence of Campus Rec (ex: filming instructional workout videos).

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## Expectations

- Ability to develop individualized training programs for clients on a regular basis.
- **Maintain current Personal Training certification including obtaining/completing CECs/CEUs as required**
- Present self in approachable, friendly manner with a willingness to help a diverse range of clients.

## Typical Working Hours

- Hours vary; trainers are expected to provide a minimum of 15 hours per week of availability on at least two different days per week, including early morning (6-9am) OR late afternoon/evening availability (4-8pm).

## Working Conditions

- Work primarily indoors in weight and cardio areas; may be in pool or outside depending on client needs.
- Virtual personal training will be performed remotely with client(s) via Zoom and requires access to adequate space and technology.
- Regularly standing, walking, kneeling and crouching.
- May lift heavy weights / equipment in demonstration of usage to participants.
- Clothing that allows participants to see proper form and alignment.

## Minimum Qualifications

- **Nationally recognized Personal Trainer Certification\***
- Maintain minimum enrollment (6 credits for undergraduates, 5 credits for graduates) for three out of four terms in the year.
- Minimum 2.0 grade point average (undergrad) and 3.0 (graduate) and maintain good academic standing throughout employment.
- Anticipated graduation date of June 2024 or LATER.
- Commitment to Campus Rec's mission, vision, values, and dignity statements.
- Functions and communicates effectively and respectfully within the context of varying beliefs, behaviors, orientations, identities and cultural backgrounds.
- Positive attitude and willingness to learn and grow as a trainer.
- Ability to respond to emergency situations.
- Good communication skills.
- Experience working with diverse populations.
- American Red Cross standard First Aid and CPR/AED certifications or obtain within 4 weeks of hire.
- **Must successfully complete a background check.**