

Personal Trainer Position Description

Purpose

Personal trainers are responsible for educating clients and enforcing policies regarding safe and proper use of equipment. Individuals holding this position must be able to develop, document, and implement one-on-one, partner, or group workout programs that match the needs and goals of clients. This person must be able to instruct clients on basic exercise physiology and inform them of proper lifting and exercise techniques. This person will have knowledge of all fitness floor policies and be able to communicate to a diverse group of patrons why the policies are in place.

Required Qualifications

- Must have completed level 1 Fit Training Course OR
- Must have a current nationally recognized fitness certification in Personal Training

Minimum Qualifications

- Current CPR/AED and First Aid Certifications Required (upon one semester of hire date)
- Must be available to work a minimum of 10-15 hours per week.
- Minimum GPA requirements: Semester GPA: 2.0 Cumulative GPA: 2.25
- Full time/Part time student.

Preferred Qualifications

- Experience in multiple positions in Campus Recreation.
- Interest or Field of study related to health and fitness.

Duties and Responsibilities include, but are not limited to:

- Personal Training for clients.
- Conduct fitness assessments.
- Arrive at least 10 minutes prior to scheduled appointment.
- Knowledge of fitness equipment and exercises.
- Provide patrons with a detailed individualized workout program based on their fitness results.
- Act in a professional manner by upholding SRWC policy when involved in conflict management with patrons, students and staff.
- Attend all monthly mandatory meetings and semester trainings.
- Perform opening/closing procedures of the fitness floor and cardio areas.
- Provide customer service by assisting patrons and clients via spotting, answering questions on exercise and techniques as well as demonstrations on fitness equipment.
- Develop and present fitness and wellness related workshops.
- Actively marketing and promoting current facilities and programs hosted by Campus Recreational Services.

Staff Development:

- Maintain a standard of performance on daily tasks.
- Attend regularly scheduled departmental meetings for all areas necessary.

- Maintain communication with other Campus Recreational Services Team members regarding positive recognition, performance reviews, substitution, and schedule conflicts.
- Communicate clear and concise information as needed to patrons, students, emergency medical service personnel and police services.
- Creating clients specific programs for all cliental.
- Practice peer education to develop student staff growth and success.
- Continuing education through trainings and offered certification courses.
- Adhere to all SRWC guidelines and non-negotiables.

Criteria for Success

Personal Trainers will be evaluated on their performance each semester. The staff evaluation process consists of a self-evaluation, peer evaluation, and supervisor evaluation. The staff evaluation measures the following objectives:

- Ability to display a positive attitude for all patrons and CRS staff.
- Ability to establish meaningful relationships.
- Ability to plan and organize to overcome any obstacles.
- Ability to prioritize tasks, manage time and balance professional and personal commitments.
- Ability to follow policies and procedure, arrive prepared and on time for work and consistently demonstrate service excellence.
- Ability to maintain personal wellness in making lifelong healthy choices and continuing to learn to meet ones physical, nutritional and emotional needs.
- Ability to assess a situation and make well informed decisions independently.
- Ability to positively promote UNLV and CRS to peers/patrons and take initiative to be involved throughout campus.
- Ability to modify exercises pertaining to the different fitness levels of all clients.

Transferable Skills

- | | |
|---|---|
| <ul style="list-style-type: none"> • Working one on one with Patrons • Goal Setting • Conflict Management • Patron Supervision • Oral and Communication Skills | <ul style="list-style-type: none"> • Customer Service • Multi-Tasking • Marketing and Promotion • Working with Diverse Populations • Public Speaking/Presentation Skills |
|---|---|

Pay Rate: Based on certification level

Minimum Hours: 5-20 hour per week