



Title: Personal Trainer

Position Reports To: Director

Position Purpose: Be prepared to effectively lead and assist with the developing, organizing and implementing of fitness and wellness programs and services by serving as a certified personal trainer. The PT trains clients on the fundamentals healthy lifestyle management and general fitness by offering one-on-one or small-group fitness instruction. Assist with preventative maintenance for all fitness equipment. The PT is the front line representative of Recreation Sports by assisting with fitness and wellness activities while providing a safe and positive environment for all members participating in programs, services and facilities hosted by Recreational Sports.

ESSENTIAL DUTIES AND RESPONSIBILITIES: (other duties maybe assigned)

- Will lead a minimum of 1 class and 4-6 clients per week.
- Assist with personal training, conducts fitness assessments and BMI test for patrons
- Assist with promoting the organization and implementation of fitness and wellness programs
- Assist Fitness & Wellness Program by attending all required Personal Trainer training/education sessions
- Work as the liaison between the fitness participants and Coordinator.
- Will assist with trainings, exercise demonstrations, and other community events as assigned.
- Arrive and be prepared to work or lead classes on time.
- Must be able to work evenings and weekends
- Provide fitness orientations to all members on the benefits of exercise and proper usage of equipment.
- Enforce policies and safety procedures.
- Supervision and maintenance of class equipment.
- Provide guidance and assistance on the proper use of equipment, including recognition of improper use and abuse of machines.
- Assist with wellness programs and services
- Perform assigned maintenance duties to keep all pieces of equipment clean and working
- Keep all areas of the group fitness clean and free of debris.
- Ensure that supplies are adequately supplied.
- Have the knowledge and education to complete fitness evaluations and keep current on all trainings and testing procedures.
- Attend and participate in staff meetings, in-service trainings and other certification trainings.
- Keep all certifications and skills current.
- Keeping up to date on health related classes or lectures to provide the most current information to our members

Qualifications:

- Must be currently enrolled at PVAMU.
- Certifications:
 - Rec Sports is a proud partner of the American Council on Exercise. ACE certifications are preferred. Visit www.acefitness.org for certification details.
 - Rec Sports is a proud partner of Mad Dogg Athletics, Inc. Spinning® Mad Dogg certifications are required. Visit www.spinning.com for certification details.
 - Other nationally recognized certifying organizations will be considered. Must be able to acquire certification within outlined 10-12 week paid training program to continue employment.
 - American Red Cross Adult CPR –AED and First Aid required and can be offered upon hire.
- After certification must be able to work at least 1 full semester term with Rec Sports
- No athletic or recreational fitness experience or participation required but highly preferred.
- Leadership and supervisory abilities.
- Ability to work as part of, and lead a professional team that collaborates effectively with colleagues.
- Entrepreneurial spirit and enthusiasm necessary
- Work within a non-smoking environment
- Analytical skills to: identify problems, assess alternatives, render consistent, logical decisions
 - Ability to write concise, logical reports with high proficiency in standard Microsoft Office applications
 - Ability to work independently
 - Ability to thrive in an fast paced environment that values high expectations, accountability, and balanced lifestyles
- **PHYSICAL DEMANDS:** Must be able to lift 45lbs comfortably and climb stairs with ease. The work environment is fast paced and challenging requiring an individual to maintain activity the entirety of the designated work time. The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable
- **Pay Rate: starting base \$7.55; \$7.90 w/ certification. Personal training client payment of 75% (Rec Sports) / 25% (Trainer).**