
UTC Campus Recreation

FITNESS

Personal Trainer

5-20 hours/week (hours can vary) • \$10.00

DUTIES AND RESPONSIBILITIES

- Conduct body fat assessments and other general fitness assessments
- Develop, document, and implement workout programs that match the needs and goals of clients
- Assist clients with problems, questions, and concerns
- Knowledge and ability to modify exercises for clients of all ages and abilities
- Maintain client files per industry standard
- Be knowledgeable about all Campus Recreation programs and be able to answer questions and direct patrons to correct location
- Consistently enforce all fitness floor policies, rules, and regulations
- Communicate with facilities staff during incidents, events
- Report any unsafe conditions requiring maintenance or attention to Fitness Coordinator
- Maintain storage and office areas
- Attend all staff meetings and in-service training sessions
- Work with SBS to fill out accident report forms and other incident documentation
- Assist with fitness projects/events
- Perform other duties as assigned

EXPECTATIONS

- Provide outstanding customer service
- Ability to manage with difficult situations well
- Ability to work with clients in a professional manner
- Ability to work independently without direct supervision
- Ability to be a leader
- Ability to work with diverse populations
- Provide a safe environment for all patrons and employees

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TYPICAL WORKING HOURS

This position requires 5-20 hours/week. These hours may vary depending on needs.

WORKING CONDITIONS

- Location of work – gym environment
- Type of work – position is very active, applicants must be able to do exercises that they would be doing with their clients
- The ability to lift 45lbs is required
- Uniform –staff shirt

MINIMUM QUALIFICATIONS

- Maintain minimum enrollment hours
- Minimum 2.0 grade point average (undergrad) and 3.0 (graduate) and maintain good academic standing throughout employment
- NCCA accredited CPT certification
- Knowledge of exercise physiology and kinesiology, safe training procedures, exercise program implementation and the proper use of cardiovascular, resistance, free weight, and related fitness equipment
- Commitment to Campus Rec's mission statement
- Positive attitude
- Possess current certifications in CPR/AED
- Must successfully complete a background check

PREFERRED QUALIFICATIONS

- Experience working with diverse populations
- Strong interpersonal and communication skills
- Demonstrated positive customer service
- Demonstrated leadership qualities