



Position Description Personal Trainer & Fitness Assessor

Responsibilities

- Conduct one-on-one exercise sessions with Recreation Center members.
- Utilize appropriate guidelines to design exercise programs tailored to individual needs.
- Ensure the safety and appropriateness of exercises selected for individual workouts.
- Recommend classes and equipment to clients.
- Correct form and teach exercise and conditioning technique to clients within sessions.
- Enforce Campus Recreation policies in a clear and fair manner.
- Provide modifications of exercises based upon the client's level of fitness and personal choice.
- Act as a customer service representative to patrons and clients in the recreation center.
- Maintain Microsoft Outlook calendar with all clientele.
- Complete required forms legibly and in a timely manner.
- Assist with emergency procedures and evacuations
- Attendance at all mandatory meetings and trainings.
- Perform other duties as assigned

Expectations

- Demonstrate positive leadership qualities.
- Presents a professional appearance and attitude.
- Maintains a high standard of customer service.
- Demonstrate strong initiative.
- Demonstrates an understanding of diversity.
- Acts an ambassador for Campus Recreation both at work and away.

Minimum Qualifications

- Must be currently enrolled in UTSA with a minimum 2.0 GPA.
- Current National Personal Training Certification through AFAA, ACE, Cooper, NSCA, NASM, ACSM, NESTA, IFFA or other organization approved by the Assistant Director.
- Ability to communicate and articulate exercise guidelines and posture to clients.
- Availability includes a minimum of 10 hours per week.
- Currently certified in First Aid, AED, and CPR through the American Red Cross.

Working Conditions

- Maximum hours allowed per week are 19 (average 15)
- Work will take place at the Main and Downtown campuses.
- Work shifts include morning, afternoon, evening and weekend hours.
- Some required holiday hours.

Pay Rate

- Starting pay: \$9.00/hour, \$11.00/hour with national certification

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