



Position Description Student Personal Trainer

Responsibilities

- To provide personal training as part of the Fitness & Wellness program.
- Responsible for conducting Personal Training and Fitness Assessments for Campus Recreation participants.
- Ensure the safety and security of patrons, facility and equipment.
- Enforce Campus Recreation policies and procedures in a fair, prudent and professional manner.
- Observe participants for proper technique, body posture and movements for safety.
- Provide exercise modifications to allow for a variety of fitness levels and abilities.
- Provide customer service and communicates with staff and patrons.
- Advise participants on routine exercise questions.
- Assist with emergency procedures and evacuations.
- Complete required forms completely and legibly.
- 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 at UTSA with a minimum overall GPA of 2.0.
- Previous involvement in personal training sessions.
- Personal training certification by a nationally recognized organization (i.e. ACE, AFAA, ACSM, Cooper's Institute, etc.) or other certification as approved by Assistant Director of Fitness.
- Completion of the UTSA Campus Recreation Fitness Instructor Training (F.I.T.) course.
- Must teach a minimum of 4 clients per week; including 1 client at the downtown fitness facility.
- Ability to lead and cue participants through a safe and effective personal training workout.
- First Aid, Adult CPR, and AED certified.

Working Conditions

- Maximum hours allowed per week are 19 (average 15)
- Work will take place at the 1604 and Downtown campuses.
- Work shifts include morning, afternoon, evening and weekend hours.
- Some required holiday hours.

Pay Rate

- Starting pay: \$9.00/hour