

## **Campus Recreation – Group Fitness Instructor**

Department: FAU Campus Recreation

Campus: Boca Raton

Position Title: Group Fitness Instructor

**Hours Per Week:** Varies

**Classification:** Undergraduate or Graduate or OPS (Non-Student)

### **Job Summary:**

The Group Fitness Instructor is a fitness professional responsible for providing a fun and safe workout environment within a group setting. A successful instructor is committed to fostering the active and healthy lifestyles of the university community, is comfortable working in a dynamic environment, and can effectively lead others through a variety of safe exercises. You will work with groups of students/members of various sizes, ages, and backgrounds so adaptability is a must. It is your responsibility to plan and manage classes and workouts that reflect the format you are intended to teach so that all participants have a safe and positive experience.

### **Role and Responsibilities:**

- Create safe and effective workouts for all participants regardless of age or ability level.
- Teach appropriate exercise movements through demonstration, explanation, and proper cueing techniques (verbal, visual and kinesthetic).
- Provide appropriate modifications or options for participants of different skill levels.
- Educate participants concerning safe exercise techniques and constantly monitor safety throughout the duration of each class.
- Greet, introduce and welcome participants; and acquaint new participants with class procedures.
- Deliver the class in a fun and interesting manner while utilizing appropriate knowledge of human anatomy, kinesiology and training principles.
- Promote knowledge of proper group fitness components, i.e.: warm up, aerobic exercise, resistance training, flexibility, cool down, etc.
- Demonstrate proficiency in counting, cueing, organizing choreography, safe transitions, etc.
- Monitor proper form and technique using positive reinforcement.
- Monitor participants' exercise intensity throughout each class and adjust accordingly.
- Stay after class to answer questions and maintain a positive exercise experience for the participants.
- Maintain a desire for continuing education, personal and professional development.
- Attend mandatory Campus Recreation and Fitness Staff In-Services.

### **Requirements:**

- Current FAU student and enrolled in at least 6 credits per semester
- Currently have a GPA of 2.5 or greater
- Authorized to work in the United States
- Attend a Campus Recreation Employee Recruitment Session

- Hold Current CPR/AED and First Aid certification
- Must hold a current national level certification as a Group Exercise Instructor, or specialty certification (ie. Zumba, Yoga, TRX, Pilates, Indoor Cycling etc.)
- Must be willing to work some early mornings, late nights, and weekends

### **Physical Demands:**

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 individuals with disabilities to perform the essential functions.

- While performing the duties of this job, the employee is frequently required to walk, stand, sit and talk or hear. The employee is occasionally required to use their hands to operate objects, tools, or controls; and reach with hands and arms. The employee is occasionally required to climb or balance; stoop, kneel, crouch, or crawl.
- The employee must frequently lift and/or move up to 25 pounds, and occasionally must aide or assist participants. Specific vision abilities required by this job include close vision, color vision, and the ability to adjust focus.
- The employee must have a high degree of energy, and have the endurance to complete the workout with the class.

**Pay Rate:** Varies; \$10.50/hour - \$30.00/hour

### **Reports to:**

- Coordinator of Fitness, Damien Michel

### **What You Will Do and Learn:**

- ✓ **Communication Skills:** Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization
  - Exemplify effective verbal and written communication while instructing
  - Effective email communication
  - Interact with Campus Recreation patrons and visitors
  - Follow up messages and reporting
- ✓ **Work Ethic & Professionalism:** Demonstrate personal accountability and effective work habits, e.g., punctuality, working productively with others, and time workload management, and understand the impact of non-verbal communication on professional work image.
  - Providing accurate information about our programs and services
  - Providing safe and effective workouts
  - Demonstrate proper use of fitness equipment
  - Prioritization of tasks with a focus on customer service
- ✓ **Teamwork/Collaboration Skills:** Build collaborative relationships with colleagues and customers representing diverse cultures, races, ages, genders, religions, lifestyles, and viewpoints.

- Interact with a diverse campus community and outside community members
- Effective verbal communication with coworkers and supervisor
- ✓ **Critical Thinking/Problem Solving Skills:** Exercise sound reasoning to analyze issues, make decisions, and overcome problems.
  - Assist with student, faculty, staff, employer, and community member questions with a courteous and professional demeanor by utilizing knowledge of the department and the university
- ✓ **Global/Intercultural Fluency:** Value, respect, and learn from diverse cultures, races, ages, genders, sexual orientations, and religions.
  - Respectful engagement with diverse students, employers, and staff
- ✓ **Career Management:** Identify and articulate one's skills, strengths, knowledge, and experiences relevant to the position desired and career goals, and identify areas necessary for professional growth
  - Attend a 1-hour Career Readiness session\_(Part of the Student Affairs Core Training Program)
  - Meet with direct supervisor to discuss how your student position will translate into the world-of-work (transferable skills) and career readiness such as, resume building, interviewing skills, and/or applying to grad school