

Campus Recreation – Personal Trainer

Department: FAU Campus Recreation

Campus: Boca Raton

Position Title: Personal Trainer

Hours Per Week: Varies

Classification: Undergraduate or Graduate

Job Summary:

The Personal Trainer is responsible for providing a fun and safe workout environment with clients one-on-one and in a small group setting. A successful trainer is committed to fostering the active and healthy lifestyles of the university community, is comfortable working in a dynamic environment, and is able to effectively lead others through a variety of exercises. These individuals conduct fitness assessments and personal training sessions with patrons and members of the Recreation Center to maximize workout efficiency, improve fitness, increase stamina, and improve overall sense of well-being. It is the trainer's responsibility to design and implement workout regimens for each client based on their current fitness level and desired goals.

Role and Responsibilities:

- Develop and implement exercise programs that are safe, effective, and appropriate for individuals who are apparently healthy or have medical clearance to exercise.
- Conduct health-history interviews and stratify risk for cardiovascular disease with clients.
- Administer appropriate personal fitness assessments based on the client's health history, current fitness, lifestyle factors and goals.
- Teach correct exercise methods and progressions through demonstration, explanation, and proper cueing and spotting techniques.
- Understand human anatomy and the concepts of functional exercise, basic nutrition, kinesiology, exercise science and training principles.
- Empower individuals to begin and adhere to their exercise programs using guidance, support, motivation, lapse-prevention strategies, and effective feedback.
- Design structured exercise programs for one-on-one, partner, and small-group personal training.
- Educate clients about fitness- and health-related topics to help them adopt healthful behaviors that facilitate exercise program success.
- Assist clients in setting and achieving SMART fitness goals.
- 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

- Preference given to those that complete the ACE Personal Training Prep Course through the Department of Campus Recreation
- Must hold a current national level certification as a Personal Trainer
- 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 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 45 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.

Pay Rate: \$12.75/hour

Reports to:

- Coordinator of Fitness, Damien Michel

Not Certified? No Problem ... Read to Find out How you Can Become Certified and Work for Our Team!

What You Will Do and Learn:

- ✓ **Communication Skills:** Articulate thoughts and ideas clearly and effectively in written and oral forms to people inside and outside of the organization
 - Exemplify effective verbal and written communication while training
 - 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.
 - Supply accurate information about our programs services

- Provide safe and effective workouts
- Utilize proper use of fitness equipment
- Prioritize 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
 - Knowledgeable of a variety of exercises that meet the needs of diverse individuals
- ✓ **Digital Technology Skills:** Select and use appropriate technology to accomplish a given task. The individual is also able to apply computing skills to solve problems.
 - Utilize computer software such as: InnoSoft Fusion and Google Drive
- ✓ **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