

Certified Personal Trainer

Campus Recreation's mission is to create an inclusive environment that inspires movement and community. In addition to offering an award-winning fitness facility, we strive to be a place where members can connect with one another in a safe and positive environment.

Campus Recreation includes three fitness spaces: Campus Recreation Center, the Fitness Center at CARE/Crawley, and the Siddall Fitness Center. Our three facilities offer many ways for members to get active – from cardio and weight equipment, to group fitness, swimming pools, a climbing wall and more. We look for teammates who uphold the same values as we do: teamwork, educating, problem-solving, curiosity, and fun.

Connect. Energize. Thrive. Explore Campus Recreation.

Job Title and Overview

Student Worker, Certified Personal Trainer

Personal Trainers (PT) are responsible for working with clients in one-on-one, buddy, or small-group training settings. PTs will provide individualized programming, teach proper exercise techniques, and ensure clients are safely and effectively accomplishing their goals. PTs can also lead workshops, clinics, and premium fitness classes for members.

Essential Job Functions

- Effectively maintain professional communication with clients and potential clients
- Perform client intake sessions to assess client's baseline fitness levels and goal planning
- Develop comprehensive, individualized fitness programs that continue to adapt to the client's needs
- Motivate and encourage clients during training sessions
- Educate clients on proper exercise technique and use of equipment
- Monitor client progress towards their goals and adjust as needed
- Provide clear and concise instruction during training sessions
- Maintain client schedules in Rec Automation
- Uphold all UC Campus Recreation facility and employee policies
- Other duties as assigned

Minimum Qualifications

- At least 16 years of age
- Certified through an accredited certification: ACE, ACSM, NASM, NSCA
- Enrolled at a post-secondary institution or a secondary school at least part-time (one (1) or more credit hours if at a post-secondary institution), except for summer term, or will be a registered student during the next academic term.

Additional Information

- Campus Recreation provides additional development opportunities for staff beyond job duties including the possibility to attend varying conferences at state, regional, and national levels as well as inner-departmental committee opportunities through our student-led organization, Recreational Development & Leadership (RDL).
- This position may require early mornings, late nights, and holidays.
- 4-10 hours/week
- Skills acquired include:
 - Communication
 - Problem solving
 - Active listening
 - Goal planning
 - Program development
 - Working with diverse populations

Physical Requirements/Work Environment

- Standing – often
- Talking – often
- Walking – often
- Bending – often
- Pulling, pushing – often
- Ability to lifting 45lb or more frequently

Compensation and Benefits

- \$14-\$18/hour based on experience
- 20% discount of programs and services (excluding Pro Shop)