

Intramural and Recreational Sports Mission and Core Values

Mission Statement: We serve the University through first-class recreational engagement that fosters wellness, impacts lives and generates life long memories.

Job Description: Personal Trainer

Team Member Core Values:

- Exceptional Quality –We hold ourselves to the highest standards in all services provided. We strive to exceed the expectations of those we serve.
- Life-Long Learning - We value active learning to enhance social inclusion, citizenship, and personal development.
- Teamwork - We work together effectively to achieve goals, while encouraging individual contribution and responsibility.
- Integrity -We take responsibility for our actions. We will communicate openly & honestly to build relationships based on trust, respect, and caring.
- Play – We are serious about making “living well” fun.

Team Members Responsibility:

- Take Pride in being a Student Employee in the IM-Rec Sports Department.
- Establish a positive rapport and relationship with Student and Departmental Staff, Members and Guest of the Facility.
- Promote Exceptional Customer Service to create a positive environment for members and guests.
- Take Initiative, be proactive, and be confident in decision making.
- Be proactive and prepared to respond to all emergency situations and follow procedure/protocol for pre and post Incident/Accident.
- Maintain a Standard of Excellence in professionalism and cleanliness.
- Serve as a key link between Members and Full-Time Staff by the enforcement of policies and procedures

Area Specific Responsibilities:

- Work one-on-one with personal training clients in accordance with national guidelines
- Perform fitness assessments in accordance with national guidelines
- Lead and/or instruct fitness workshops and seminars
- Communicate effectively with clients and staff
- Responsible for confidentiality pertaining to all clients and training sessions

Requirements/Qualifications:

- Experience writing exercise programs and leading one-on-one training sessions
- Excellent written and verbal communication
- Hold a national certification in personal training
- Knowledgeable on appropriate exercises for all populations
- Proficient with Microsoft Office
- Willingness to learn and adapt as new tasks and opportunities arise
- Promote GREAT customer service in a RESPECTFUL environment

Expressed Benefits:

- Begins at \$12.00/hr
- Flexible scheduling