The Department of Recreational Sports at Oregon State University is committed to achieving excellence through cultural diversity and actively encourages applications from women, persons of color, and individuals from other underrepresented groups. Interview questions will be developed based on the information in this job description. This position is available to individuals that demonstrate exceptional leadership skills, understanding of risk management and have maintained clean and positive employee files.

Department of Recreational Sports Mission Statement:

We strengthen the University by providing quality recreational and educational opportunities that foster healthy living.

Definition and Purpose:

The Fitness Training Specialist reports to the Personal Training Services Coordinator and is responsible for maintaining a safe and educational environment for our patrons to exercise. Fitness Center Specialists also provide fitness orientations, assessments and general education to students, members and guests around proper use of weight and cardio equipment and fitness area use policies. Fitness Center Specialists will provide education and outreach to the OSU community, including educational video segments, tabling with information about training programs and services, and instruction to participants involved in training programs.

Department of Recreational Sports Employee Expectations:

* Model, promote, and consistently enforce policies for the Department of Recreational Sports.
* Maintain written and oral communication with other staff members, supervisors and administrative staff.
* Maintain required certifications.
* Attend orientations sessions, staff meetings, and in-service trainings.
* Maintain and promote a safe and fun environment for all participants and staff.
* Provide quality customer service to all patrons.

Position Duties and Responsibilities:

* Responsible for providing information about personal training services to patrons of Recreational Sports
* Perform strength, flexibility, and body composition assessments for patrons of Recreational Sports
* Demonstrate and teach proper use of all weight and cardio equipment
* Promote and educate participants on safe technique and form when weight training and exercise activity throughout the facility.
* Instruct group training programs
* Provide information and instruction during special events through Recreational Sports such as: START nights and Rec Night
* Promote and deliver 30-minute fitness orientations
* Promote personal training services within Recreational Sports and at external events
* Educate students, members, and guests on fitness related topics within your scope of knowledge.
* Provide ongoing evaluation and recommendations for Fitness Program
* Attend and participate in staff meetings and trainings
* Execute emergency procedures and provide First Aid and CPR assistance
* Assist with other department activities as assigned

Required Qualifications:

* Successful completion of Personal Trainer Prep I and/or Anatomy, Physiology, and Biomechanics
* First Aid, CPR/AED for the Healthcare Provider and DRS Bloodborne Pathogens certifications will be required before employment begins.

Preferred Qualifications:

* Awareness of safety concerns and risk management.
* Awareness and appreciation of individual uniqueness and diversity.
* Excellent oral and written communication skills.

Period of Employment:

One academic year (contingent employment is dependent upon satisfactory completion of a 30 day probationary period and satisfactory job performance as evaluated by immediate supervisor). 10-20 hours per week. Early morning, late night and weekend hours may be required.

Compensation:

Student employees are paid an hourly wage consistent with the OSU Student Employment Pay Rate Guidelines. The Department of Recreational Sports identifies pay ranges base upon job duties, level of responsibility and complexity of the work to be performed.

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