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 Associate reports to the Personal Training Services Coordinator and is responsible for providing instruction and education to our fitness program participants and drop-in fitness participants in the facility. Fitness trainers help to educate and support participants to meet identified strength and performance goals, through educational workshops and programmed instruction.

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 orientation 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:

* Provide information about personal training services, and group training services and programs to patrons of Recreational Sports
* Develop and deliver exercise programming to individual and group training participants
* Conduct strength, flexibility, and body composition assessments for patrons of Recreational Sports
* Provide instruction during group training programs, including: physical demonstration of programmed exercises, feedback and assessment of participants’ execution of exercises, and motivation for participants
* Demonstrate and teach proper use of all weight and cardio equipment
* Develop programming for personal training services and programs, under the supervision of a certified personal trainer
* Promote and deliver 30-minute fitness orientations
* Educate students, members, and guests on fitness related topics within scope of knowledge.
* Conduct evaluation and provide recommendations for continual improvement of Fitness Training Programs
* 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 II course
* Must be a currently enrolled student
* First Aid, CPR/AED for the Healthcare Provider and DRS Bloodborne Pathogens certifications will be required before employment begins.

Preferred Qualifications:

* Preferred work-study eligible (as determined by Federal Student Aid award)
* 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.

*Note:*

*Successful candidates for this position are professional, dedicated, energetic and enjoy working with a variety of people and environments. They are strong role models, both inside and outside of work, are able to articulate the value of Recreational Sports to the University and carry out its mission and vision. They are committed to the ideals of professional and high quality operations of all facilities and programs within the Department of Recreational Sports. They possess excellent staff leadership skills, are able to motivate staff to achieve their best, have superb conflict resolution and public relations skills and respond quickly and effectively in emergency situations. They are reliable, self-motivated, have an exceptional work ethic, demonstrate excellent communication skills and work well with minimum supervision.*

Last Update: 2018 February