Program Area: Fitness Training
Position: Associate

Mission Statement
We create engaging environments for student growth and success. We inspire healthy living by providing quality recreational and educational opportunities for the Oregon State University community.

Employee Expectations
- Know Your Stuff: Learn, model, promote and consistently enforce policies for the Department of Recreational Sports
- Communicate Like a Pro: Professionally and proactively communicate with your teammates, supervisors and administrative staff
- Stay Sharp: Maintain required certifications and attend orientation sessions, staff meetings and Director's Retreat as directed
- Seek Solutions: Provide quality customer service to all patrons and search for a "path to yes" when possible and aligned with mission
- Deliver a Positive Experience: Maintain and promote a safe and fun environment for all participants and staff
- Engage & Grow: Participate in the On-Ramp career readiness program while developing transferable skills with a “growth mindset”

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.

Position Details, 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

Minimum Requirements
- Successful completion of Personal Trainer Prep II course
- Must be a currently enrolled OSU student and/or an enrolled student in OSU’s Degree Partnership Program
- Must meet OSU student employment eligibility requirements including being degree-seeking and maintain minimum credit amounts
- First Aid, CPR/AED for the Healthcare Provider and DRS Bloodborne Pathogens certifications is required before employment begins
Preferred Work and Extracurricular Experience

● 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.
● Professional, dedicated, energetic and enjoy working with a variety of people and environments
● Strong role models, able to articulate the values of Recreational Sports to the University and carry out its mission and vision
● Committed to the ideals of professional and high quality operations of all facilities and programs within the Department of Rec Sports
● 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
● Reliable, self-motivated, have exceptional work ethic, display excellent communication skills and work well with minimum supervision

Period of Employment: One academic year (continuing employment is contingent 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 a wage consistent with the OSU Student Employment Pay Rate Guidelines. The Department of Recreational Sports identifies pay based upon job duties, level of responsibility and complexity of work to be performed.

The Department of Recreational Sports at Oregon State University commits to achieve excellence through cultural diversity and actively encourage applications from all genders, persons of color, and individuals from underrepresented groups. Interview questions will be developed based on the information in this position description. All job offers are contingent upon Human Resources final approval.