Program Area: Fitness Training
Position: Specialist

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 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.

Position Details, 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

Minimum Requirements
• Successful completion of Personal Trainer Prep I and/or Anatomy, Physiology, and Biomechanics
• 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
• Awareness of safety concerns and risk management.
• Awareness and appreciation of individual uniqueness and diversity.
• Excellent oral and written communication skills.

Disability Accommodations: 541-737-7235
Recreational Sports | recsports.oregonstate.edu
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. Variable 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.