Program Area: Group Fitness
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 Group Fitness Specialist reports to the Fitness Coordinator and is responsible for leading physical activity classes that utilize safe and effective movements through all class activities. Physical activity contributes to the health and well-being goals of students, members, and guests that are enjoyable, inclusive, and highly motivating for all physical activity levels. Group Fitness Specialists engage their peers within their community to reach beyond themselves and create change (inactive to active) in society.

Position Details, Duties and Responsibilities
• Coach, motivate and lead physical activity sessions within the Dept. of Recreational Sports
• Assist and lead by example in promoting, encouraging the inactive members of their group and within the OSU community to become and remain physically active
• Create an inclusive, welcoming community for all
• Articulate to others and lead by example the current ACSM standards for PA
• Be coachable in the moment
• Develop and implement classes that comply with established formats, standards, and meet all participant fitness and skill levels
• Educate and ensure safety of participants on proper exercise execution including explaining proper technique, demonstrate exercises, identify muscle groups, provide individualized instruction while leading the entire group, observing signs and symptoms of physical exertion
• Arrive 15 minutes prior to class time to conduct set-up and be available to greet and answer participant questions regarding class activity, other exercise concerns, and general fitness related topics
• Wear appropriate and professional fitness apparel and shoes
• Ensure appropriate use of stereo, microphone (volume at an acceptable level, turned off after class), and fitness equipment
• Support the organization, cleanliness, and clean-up of fitness equipment, multi-purpose rooms/spaces, and storage areas
• Provide excellent customer service that allows you to be approachable and inspire participants to achieve individual fitness goals
• Educate, monitor, and enforce department and fitness policies and conduct with students, members, and guests
• Participate in peer instructor evaluations and shadow auditions as time allows and/or requested by supervisor
• Secure a substitute GFS through fitness subbing procedure
• 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
• Provide excellent customer service that allows you to be approachable and inspire participants to achieve individual physical activity goals

Minimum Requirements
• 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
• Must Meet One or More of the Following:
  o Successful completion of Fitness in-house training.
  o Successful completion of a nationally accredited group fitness certification.
  o Successful completion of specialty group fitness training.
Preferred Work and Extracurricular Experience

- Commitment to personal and professional development, student development and leadership
- Awareness of safety concerns and risk management
- Ability to provide positive customer service, conflict resolution, and problem solving skills
- Awareness of and appreciation for individual uniqueness and diversity
- Excellent oral and written communication skills
- Has previously attended a group fitness class

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). 5-10 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.