Position: Personal Trainer

Personal Trainers will also work at least one shift per week as a Weight Room Attendant in the SRC or teach a group fitness class.

Duties:
• Conduct initial consultation meeting with each client prior to training sessions
• Administer Physical Activity Readiness Questionnaire (PAR-Q) to client prior to training sessions, and collect physician’s consent when necessary
• Responsible for maintaining accurate and complete client records
• Responsible for tracking client progress and keeping accurate and legible records
• Maintain trainer/client confidentiality
• Develop and create a personalized exercise program for each client relative to his/her needs, abilities, and personal goals
• Provide clients with knowledge in health and fitness according to national industry guidelines (ACSM)
• Provide clients with support, motivation, and expertise
• Provide clients with knowledge so they can progress toward an independent routine
• Trainers are required to stay abreast of fitness industry standards and trends
• Conduct body composition and fitness assessments
• Work at least one shift per week as a University Recreation Weight Room Attendant (3 hours per shift) or teach one group fitness class.

Essential Skills:
• Ability to pass pre-employment screening on fitness guidelines, anatomy, and kinesiology
• Ability to resolve conflicts in a professional manner
• Customer service skills
• Ability to uphold departmental policies in stressful situations
• Ability to recognize risks and implement departmental risk management procedures
• Excellent verbal and written communication skills

Pre-Employment Training Required (will be available to attendant candidates):
• Current certification by ACSM, NSCA, AFAA, ACE, or equivalent
• American Red Cross (or equivalent) First Aid, CPR and AED
• American Red Cross (or equivalent) Epi Pen and Asthma Training
• Blood Borne Pathogens: Preventing Disease Transmission

Additional Requirements
• Pass background screening
• Be available to work in multiple facilities including the Student Recreation Center, Chinook Student Center and Down Under Recreation Center.
• Successful completion of WSU Sexual Harassment Training
• Attendance at all required staff meetings, trainings, and in-services
• Maintenance of CPR/AED/First Aid
• UREC Orientation
• Completion of Safety Orientation Checklist
• Handheld radio protocol
• Attendance at required staff meetings, trainings, and in-service
• Departmental policies and procedures knowledge
• Departmental risk management responsibilities knowledge
• Additional risk management and emergency procedure training as developed and required

Training Preferred:
• Movement Studies (Kinesiology), Health and Fitness Teaching, Athletic Training, or related major
**UREC Learning Outcomes**

**Inclusion**
- Seek to improve knowledge of diversity and inclusion through interactions with people different from themselves
- Determine suitable behavior in a culturally diverse environment
- Recognize individuals’ potential and contributions within the community

**Leadership**
- Demonstrate leadership in a professional setting
- Produce effective communication and conflict resolution
- Identify practical and efficient decision making methods

**Professionalism**
- Provides accurate information to patrons and coworkers
- Use appropriate language with patrons, coworkers & supervisors that conveys responsibility and positivity
- Communicates in advance with supervisors regarding conflicts to prioritize solving them independently

**Well-being**
- Employ appropriate and professional interpersonal skills
- Demonstrate effective time management
- Identify the basic components to leading a healthy lifestyle

**Hours Per Week:** varies  
**Position Number:** 92897  
**Hourly Wage:** starting at $17.50/hour

**Contact:** Ramon Sodano, Coordinator of Fitness and Education Services  
(509) 335-6177