



Fitness Consultant (Temporary Employee)

Definition: The Fitness Consultant will serve under the direct supervision of the Fitness & Wellness Supervisor and the Assistant Director of Fitness and Wellness on a temporary basis. Term of employment will be two academic quarters.

Duties:

- Provide initial consultations, fitness assessments, and possible basic program design based on the needs of our participants.
- Possess a working knowledge of all equipment on the SRWC Fitness Floor.
- Provide clients with resources for holistic wellness.
- Assist Certified Personal Trainers when needed.
- Provide spotting to members when necessary.
- Continue professional development through in-house training & external opportunities.
- Demonstrate knowledge in the following areas: kinesiology, anatomy, physiology, exercise testing and prescription, biomechanics and exercise physiology.
- Uphold the Recreation and Wellness mission and principles.
- Dress appropriately (staff shirt, approved bottom athletic wear, and athletic footwear).
- Other duties as assigned by the Assistant Director of Fitness and Wellness.

Qualifications: Education and Certification Requirements:
Successful completion of the in-house Personal Training Preparation Course is required. This is a temporary student employment opportunity and does not provide personal training services. Employment will last up to 2 quarters maximum. Must be enrolled in a minimum of six (6) units at California State University, San Bernardino and maintain a quarterly and cumulative G.P.A. above 2.0. A current certification in CPR, AED, and First Aid is required and can be obtained during first quarter of employment.

Experience Requirements:

Working knowledge on initial consultation, fitness assessments, exercise technique and program design for assumedly healthy clients based on NSCA-CPT standards and guidelines.

Compensation: \$11.25 - \$11.75 per hour. Starting 1/1/2018