



## **Personal Trainer**

**Definition:** The Recreation & Wellness Personal Trainers serve under the direct supervision of the Group Exercise/Personal Training Supervisor and the Assistant Director of Fitness and Wellness.

**Duties:**

- Design and implement a variety of exercise programs for personal training clients based on client needs and goals.
- Ability to perform basic fitness assessments including body composition, flexibility screening and blood pressure.
- Provide initial consultations with new clients.
- Coach, encourage, and motivate clients during workouts.
- Possess a working knowledge of all equipment on the SRWC Fitness Floor.
- Provide clients with resources for holistic wellness.
- Keep updated client records.
- Communicate as needed with clients.
- 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:

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. A Personal Training certification from a nationally recognized certifying agency (NCCA Accredited) is required. These include but are not limited to American College of Sports Medicine (ACSM), National Strength & Conditioning Association (NSCA), National Academy of Sports Medicine (NASM) and American Council on Exercise (ACE).

Experience Requirements:

Possess a broad knowledge of fitness programming, current industry trends, latest technology and certifications. Strong interpersonal skills, the ability to cooperate with a team of 20+ individuals comprised of students, staff and faculty. Demonstrate effective

organizational and management skills. Public speaking and presentation experience is preferred.

**Compensation:** \$13.50 - \$16.00 per hour.