

SFSU CAMPUS RECREATION

NOW HIRING

Personal Trainer

**APPLICATION DEADLINE:
FEBRUARY 28, 2019**

To Apply: As a department under the Dean of Students area, please complete the Common Application form below on Qualtrics. Additionally, we will ask for your cover letter and resume, and the attached Staff Availability Sheet to be filled out and uploaded as part of your application.

Qualtrics - Common Application:

**[HTTPS://SFSU.CO1.QUALTRICS.COM/JFE/FOR
M/SV_3N47J3OAEH4XELX](https://sfsu.co1.qualtrics.com/jfe/form/SV_3N47J3OAEH4XELX)**



PURPOSE

The main responsibility of the Personal Trainer is to provide individualized or small group fitness training to clients. Knowledge of how to work with people and develop plans to help those persons achieve their fitness goals is essential to this position. Amount of hours dependent upon the number of clients who have signed up for appointments. Personal Trainers provide personal training sessions on behalf of Campus Recreation under the supervision of the Student Manager for Personal Training and a full-time staff professional. This position also represents the Campus Recreation Department by providing customer service, programmatic support, and other related duties.

DUTIES AND RESPONSIBILITIES

- Work with clients to find out what their fitness goals are and develop a fitness program to help them achieve those goals.
- Develop a trainer-client relationship that will help empower and motivate a participant to move through their exercise plan.
- Teach participants how to use proper and good technique and exercises that they can perform on their own.
- Educate participants and staff on safe participation during Campus Recreation activities, and enforce program policies and procedures.
- May have the opportunity to teach Group X classes based on sound training techniques.
- Attend staff meetings and staff trainings.
- Disseminate information about Campus Recreation programs, including hours, rules, proper equipment usage, and safety.
- Report when equipment and supplies are running low or when equipment needs repair or replacement.
- Provide a professional, welcoming, and inclusive environment for staff and participants.
- Hours will vary, however students may not work more than 20 hours/week during the academic semester.

QUALIFICATIONS

- Current ACSM, ACE, or any other reputable personal training certification is required.
- Previous personal training experience is strongly preferred but not required.
- First Aid, CPR, & AED Certified, or willing to obtain within 3 months of being hired.
- Must be a student at San Francisco State University enrolled in 6+ units, with minimum 2.0 GPA. (non-students may apply through the Casual Worker process)
- Demonstrated interpersonal skills including strong communication skills, customer service skills, ability to enforce policy and perform under pressure, and working in a team atmosphere.
- Must be able to work independently without direct supervision on a day to day basis.
- Employment may be dependent on passing a background check.