

SFSU CAMPUS RECREATION

NOW HIRING

Student Group Exercise Instructor

**APPLICATION DEADLINE:
OPEN UNTIL FILLED**

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 Student Group Exercise Instructor is to assist in Campus Recreation programming by instructing groups in exercise activities & the fundamentals of fitness. Knowledge and training in one or more group exercise modalities is essential to this position. This person works under the supervision of the Student Manager for GroupX 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

- Lead positive energy group exercise classes in the Group X program for participants of varying levels of abilities fitness, and experience.
- Teach participants how to use proper and good technique in classes, making gentle corrections or adjustments in classes.
- Develop an instructor-student relationship that will help empower and motivate a participant to want to return and become a part of the class community.
- Educate participants and staff on safe participation during Campus Recreation activities, and enforce program policies and procedures.
- Assist with any injury or incidents while on duty, submit injury reports and report them according to protocol.
- Ensure all facility doors are unlocked and locked when needed and set-up supplies and equipment prior to classes starting, as necessary.
- 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

QUALIFICATIONS

- Current ACSM, ACE, or any other reputable fitness instructor certification is required. Specialty certifications are required to teach certain classes (e.g., Zumba, TRX, yoga, indoor cycling, etc.).
- 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