

BGSU Recreation and Wellness Student Employment Position Description

Job Title: Personal Trainer

- A. Main Purpose of the job:** Deliver personal training programs to SRC members through knowledge of national certification training guidelines.
- B. Primary responsibilities or key duties of the job (tasks performed regularly):**
1. Demonstrate knowledge of exercise principles, kinesiology, and biomechanics.
 2. Design personalized fitness programs in strength, cardiovascular, and flexibility.
 3. Instruct a variety of modifications of the exercises appropriate for the participants.
 4. Conduct fitness assessments.
 5. Motivate, lead, and guide participants to an effective workout.
 6. Demonstrate first aid safety, CPR, AED, BBP, and emergency action plan for the SRC.
 7. Maintain client database and record keeping.
 8. Promote mission of Recreation and Wellness.
- C. Additional duties (tasks performed occasionally):**
1. Attend monthly personal trainer meetings.
 2. Assist with equipment cleaning and inspection.
 3. Mentor new personal trainers and complete peer evaluations.
- D. Basic Qualifications:**
1. ACSM, NSCA, AFAA, ACE or other personal trainer certification.
 2. Certified in CPR, First Aid, AED.
 3. Complete Preventing Sexual Harassment and Bloodborne Pathogens training.
 4. Strong communication skills.