

BGSU Recreational Sports Student Employment Job Position Description

Job Title: Personal Trainer

- A. Main Purpose of the job:** Deliver personal training programs to SRC members through knowledge of ACSM/NSCA 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 in the Fitwell Center.
 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.
- 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, or ACE personal trainer certification.
 2. CPR, 1st Aid, AED, Sexual Harassment and BBP training.
 3. Strong communication skills.