

BGSU Recreational Sports Student Employment Job Position Description

Job Title: Group Exercise Instructor

- A. Main Purpose of the job:** Lead a variety of aerobic exercise classes for the safe and effective participation of SRC patrons.
- B. Primary responsibilities or key duties of the job (tasks performed regularly):**
1. Demonstrate knowledge of exercise principles, kinesiology, and biomechanics.
 2. Instruct a variety of modifications of the exercises appropriate for the participants.
 3. Motivate, lead, and guide participants to an effective workout.
 4. Demonstrate first aid safety, CPR, AED, BBP, and emergency action plan for the SRC.
 5. Conduct pre-class, and post-class duties appropriate for the storage of all equipment.
- C. Additional duties (tasks performed occasionally):**
1. Attend monthly aerobic instructor meetings.
 2. Assist with equipment cleaning and inspection.
 3. Mentor new instructors and complete peer evaluations.
- D. Basic Qualifications:**
1. AFAA, or ACE certification.
 2. CPR, 1st Aid, AED, Sexual Harassment and BBP training.
 3. Strong communication skills.
 4. Strongly recommended KNS 395 course- Exercise Leadership.