



Practicum or Internship: Fitness/Wellness Programming

Position Summary

The purpose of this position is to assist with the operation and implementation of fitness and wellness programs, events, services, and education classes. The mission is to provide health and wellness information, education, and resources to students, faculty, staff, and community members.

Essential Duties and Tasks

- Assist with planning, implementing, and evaluating fitness and wellness programming, events and services, including Faculty and Staff Health and Wellness programming.
- Provide mentorship and fitness/wellness coaching for students, faculty, staff, and community members of the Student Recreation Center (SRC).
- Perform fitness assessments and equipment orientations to SRC members.
- Assist RecWell Group Exercise Instructors and Personal Trainers with fitness classes, training sessions, and fitness testing.
- Prepare and deliver fitness and wellness presentations to the campus community.
- Develop and/or implement at least one special program/event related to exercise or another wellness topic.
- Contribute to the marketing of all fitness and wellness programs and services through website promotions, newsletter articles, table events, social media, etc.
- Assist in the coordination of campus-wide special events related to health and wellness and hosted by RecWell or WellAware.
- Instruct special fitness programs as needed.
- Assist with cleaning and maintaining exercise equipment.
- Assist in compiling participation data and the completion of necessary reports.
- Provide excellent customer service and maintain positive relations and rapport with Student Recreation Center members.
- Assist staff with general day-to-day duties of the office. Attend all regularly scheduled office hours.
- Perform other duties as required by the professional staff.

Knowledge, Skills and Abilities

- Experience and interest in the fitness/wellness field
- Exceptional written and verbal communication skills, including ability to deliver presentations
- Must possess good organizational skills and be efficient in multitasking
- Ability to work independently and in a group setting
- Ability to work in a dynamic, changing, and diverse environment

Requirements

- Pursuing a degree in Exercise Science, Health Promotion, or related health field
- Candidate must be in "good" academic standing with BGSU
- Current CPR and First Aid certification
- Business casual dress requirement

Bowling Green State University

Perry Field House: 801 N. Mercer RD, BG, OH 43403-0028 | **Student Recreation Center:** 1411 Ridge RD, BG, OH 43403-0146
bgsu.edu/recwell | bgsuclubsports.com | recwell@bgsu.edu | 419.372.2000