



## Graduate Assistant: Fitness & Well-Being GA

### Position Summary

The purpose of this position is to assist with the comprehensive well-being initiatives for the Department of Recreation and Wellness. This individual educates on the mental health benefits that physical activity provides and helps provide opportunities for the campus community to engage in physical activity and healthy lifestyle behaviors to help with stress relief.

### Essential Duties, Tasks and Abilities

- Assists with the Healthy Lifestyles for the Mind and Body exercise referral program, meets with referred students, helps devise a physical activity/well-being plan and conducts regular check-ins with the students
- Coordinates with campus partners to provide Move for Your Mood sessions (in-person and virtual)
- Helps facilitate mental health outreach presentations and collaborates with the Mental Health Educator on various events
- Helps develop and implement comprehensive fitness and well-being programming.
- Assists with THRIVE well-being events and other special events on campus
- Assists with program assessment and preparation of outcomes reporting
- Promotes the mission of Recreation and Wellness.
- Performs other duties as required by the professional staff

### Other Duties

- Represent Recreation and Wellness at campus events
- Attend professional and student staff meetings
- Respond to miscellaneous fitness program requests from university constituencies
- Assist in the preparation of the fitness quarterly and annual reports.
- Support Student Employee Board (SEB) and Student Development and Leadership (SDL) activities

### Knowledge, Skills and Abilities

- Strong interpersonal skills and instruction abilities
- Excellent writing skills
- Attention to detail
- Creativity

### Requirements

- Acceptance into the BGSU Graduate College Human Movement, Sport, and Leisure Studies (HMSLS) Program
- Possess and maintain Group Exercise and/or Personal Training certification (preferred)
- CPR/FA & AED certified (preferred)
- Business casual dress

<https://www.bgsu.edu/human-resources.html>

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### Bowling Green State University

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