

UFV Personal Training Job Description

General Overview:

Under the supervision of the Campus Rec and Wellness Program Manager, meet with individual clients and create customized exercised plans based on their fitness goals and level of fitness. Plans will included cardiovascular, weight lifting and stretching exercises, as appropriate for the individual client. During training sessions trainers will observe and coach clients performing exercises to ensure proper technique thorough the movements and provide correction as necessary. After consultation with the Campus Rec and Wellness Program Manager, trainers may also provide generic information about diet and lifestyle habits related to the clients' their fitness plan and goals.

Specific Responsibilities:

- Provide technical strength and conditioning expertise to clients' needs
- Administer an initial consultation with all clients to determine needs and program goals
- Ensure proper mechanics are being practiced by client
- Ensuring technical standards are met. Par-Q+, Consent Form, Waivers, Registration form and Questionnaire and follow-up forms
- Maintain a professional appearance at all times
- Handle and report to Coordinator any problems, concerns or emergencies that arise during sessions
- Exercise safety awareness and practices
- Setup and takedown of equipment for training sessions
- Follow and enforce all facility rules and regulations with a friendly and professional attitude
- Complete in a timely matter any administrative tasks related to client sessions and timesheets
- Complete special projects as assigned
- Meet with Operations Coordinator to review and discuss client exercise plans
- Attend meetings and training sessions as required

Required Education/Certifications:

- Minimum of 60 credits in a Bachelor's degree in Kinesiology, Exercise Physiology, or related field,
- Certification in CSEP – Certified Personal Trainer or CSEP – Certified Exercise Physiologist,
- CPR C and Standard First Aid (recertified within two years)
- Additional certifications or evidence of continuing education are an asset

Skills Required:

- Strong communication skills (verbal and written)
- Exceptional customer service skills
- Patient, enthusiastic and motivating
- Ability to work effectively with the public in a courteous, efficient and professional manner
- Ability to work flexible hours
- Can work independently and in a team environment
- This position requires bending, twisting, pulling, reaching, stretching, standing, gripping, frequent lifting of up to fifty pounds and standing for long periods of time.
- Proficiency with Microsoft office software

Starting wage \$20/hour