

Student Position Description

JOB TITLE: Personal Trainer

REPORTS TO: Personal Training Team Leader

PAY RATE: \$9.50/hour for shifts and \$20/hour for sessions

DEPARTMENT MISSION STATEMENT:

Campus Recreation & Wellness contributes to the holistic well-being of students, faculty, and staff by providing access to recreational and educational experiences fostering a sense of community and belonging, and empowering individuals to cultivate positive wellness values and behaviors that last throughout and beyond their time at Elon.

SUMMARY OF POSITION:

The personal trainer plans and implements consultations and individual/group sessions for students, faculty, and staff.

LEARNING OUTCOMES:

Through employment in Campus Recreation & Wellness, the personal trainer will:

- Develop transferrable skills such as teamwork, communication, time management, organization, conflict resolution, critical thinking, and decision-making.
- Be able to implement individual and group training plans

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Plan and execute personal/group training sessions
- Work assigned fitness floor shifts to provide workout advice/feedback to facility patrons and raise awareness for the personal training program
- Responsible for participant safety, proper activity technique and exercise level
- Assist in performing daily routine equipment maintenance
- Maintain client/participant records
- Assist in planning and implementing programs and special events
- Maintain a working knowledge of all Campus Recreation & Wellness program and services
- Foster strong partnerships with other members of the Personal Training team, as well as colleagues throughout Campus Recreation & Wellness
- Deliver quality customer service to all patrons, program participants, and visitors
- Attend all Personal Training team meetings and trainings
- Other duties and projects as assigned

MINIMUM QUALIFICATIONS:

- American Red Cross CPR, First Aid, and AED certification (classes available through Campus Recreation & Wellness)
- Current Personal Training certification through a nationally recognized governing body (NASM, ACE, ACSM, NSCA, ISSA etc.).

EQUAL EMPLOYMENT OPPORTUNITY:

Elon University does not discriminate on the basis of age, race, color, creed, sex, national or ethnic origin, disability, sexual orientation, gender identity, or veteran's status in the recruitment and admission of students, the recruitment and employment of faculty and staff, or the operation of any of its programs.