



**Do you really enjoy helping others achieve their fitness goals? Would you be interested in being paid for doing that job? Look no further. Strength & Conditioning Assistants work with members to educate them on ways to make adjustments for improving their health.**

## **Strength & Conditioning – Personal Trainer**

This position is responsible for providing a wonderful experience to members and guests in a diverse environment.

### **WHAT WE PROVIDE**

- Starting pay: \$13.00 per hour
- Up to 19 hours per week. Flexible work schedules (morning, afternoon, evening, night, and weekend shifts) that accommodate the university operating schedule.
- Dynamic position specific and marketable skills training
- An inclusive working environment where you can connect with other Roadrunners
- Opportunities for promotion to supervisory and other leadership positions
- Focused leadership development opportunities

### **KEY RESPONSIBILITIES**

- **Accountability:** Utilize NASM, ACSM, NSCA, ACE or other approved guidelines to design exercise programs tailored to individual needs.
- **Responsibility:** Conduct Fitness Assessments, Equipment Orientations and Personal Training. Instruct small group sessions (Synergy, Women-On-Weights and Summer Youth Program). Take the initiative by looking for the next task that needs to be completed or items that need correction while individually problem solving and using critical thinking skills
- **Marketing:** Set-up and work Meet-A-Trainer (MAT) tables
- **Customer Service:** Provide great customer service by anticipating clients' needs in a welcoming environment.
- **Communication:** Clearly articulate and provide appropriate information and professional manner. Enforce University and departmental policies and procedures.
- **Safety:** Work with others to execute risk reduction measures and provide care in emergency situations.
- **Resolve Conflict:** Be able to listen, understand, and work through situations when needed.

### **WHAT YOU PROVIDE**

- Currently enrolled at UTSA with a minimum overall GPA of 2.0
- Approved Personal Training Certification
- Ability to serve as a role model
- Be able to pass the State of Texas criminal background check
- Obtain First Aid, Adult CPR, and AED certifications within first 30 days of employment
- Completion of UTSA student employee compliance training and any additional certification/training required by the department and university

### **YOU WILL THRIVE IN THIS ROLE IF YOU:**

- have a great attitude and desire to be a part of a team,
- enjoy hands-on learning,
- possess a high level of flexibility and adaptability, and
- have a strong sense of responsibility and high follow through.