Personal Trainer - Position Description

The Campus Recreation Personal Trainer positions must be certified and are responsible for conducting one-on-one exercise sessions with members. Work takes place at the Main campus.

Responsibilities
- Conduct one-on-one exercise sessions with Recreation Center members;
- Utilize NASM, ACSM, NSCA, ACE or other approved guidelines to design exercise programs tailored to individual needs;
- Ensure the safety and appropriateness of exercises selected for individual workouts;
- Recommend classes and equipment to clients;
- Correct form and teach exercise and conditioning technique to clients within sessions;
- Provide modifications of exercises based upon the client’s level of fitness and personal choice;
- Work with others to execute risk reduction measures and provide care in emergency situations;
- Clearly articulate, enforce and educate patrons on all rules, policies and procedures;
- Provide customer service and respectfully manage disagreements;
- Actively participate in collaborative work and development;
- Perform other duties as assigned.

Staff Standards
- Consistently model positive and professional behavior, including on-line communities;
- Attend all staff meetings and educational trainings;
- Maintain regular and frequent communication with the Coordinator and Assistant Director.

Personal/Paraprofessional Development & Departmental Responsibilities
- Attend all meetings and trainings on time, including August staff development, January staff development, etc.
  
  Spring All-Staff Training:
  Thursday, January 6, 2017-Friday, January 7, 2017. Hosted 8am-5pm each day.
- Balance time commitments, recognize limitations and work to improve;
- Be receptive to paraprofessional and personal development;
- Challenge yourself to achieve higher levels of awareness of people’s perceptions, maintaining appropriate sensitivity and awareness of cultural norms, diversity, and diversity education.

Minimum Qualifications
- Must be currently enrolled at UTSA with a minimum overall GPA of 2.0;
- Current Personal Training Certification; AFAA, ACE, NSCA, & NASM preferred
- Conduct a minimum of 4 sessions/week and open to teach 1-2 group exercise classes/week.
- Must pass State of Texas criminal background check;
- First Aid, Adult CPR and AED certifications obtained within expected time-frame;
- UTSA employee compliance trainings and any additional program area certification/training completed within expected time-frame.

Working Conditions
- Maximum of 19 hours worked per week;
- Work will take place at the Main campus;
- Work shifts include morning, afternoon, evening and weekend hours and/or break hours

Compensation
- Starting pay: $10.00/hour (uncertified): $11.00/hour (certified)