



## Job Description

### Senior Fitness Assistant/ Personal Trainer



*The University of Oregon and Physical Activity and Recreation Services, an AA/EEO institution and department, strongly and actively strive to increase diversity within its community. Applications and interview questions will be developed from the information in this job description.*

#### **Senior Fitness Assistant**

**Job Summary:** To conduct fitness assessments and personal training sessions with patrons and members of the Student Recreation Center, through one-on-one appointments. Senior Fitness Assistants will also provide fitness orientations, help plan and implement special programs, act as leaders in the weight room and assist with other fitness duties. Senior Fitness Assistants are valuable team members of the PARS fitness committee and ideas and feedback are crucial to offering the best services.

**Major Duties:** Greet clients; educate the members and/or guests on fitness-related topics; conduct a risk assessment and health consultation maintaining a high level of confidentiality, conduct fitness assessments, design and implement individual workout programs, demonstrate and coach clients on the proper use of cardiovascular and strength equipment; promote safe technique and form when weight training; emphasize fitness area policies and conduct; act as a liaison between clients, Fitness Services and other PARS programs; promote a healthy image of moderation at the SRC; other duties as assigned. It is necessary to maintain current Personal Training certification, including necessary Continuing Education Credits (CEC).

**Minor Duties:** Educate members and/or guests on the policies and procedures of the Student Recreation Center, provide a detailed introduction to the Strength and Conditioning Center and additional fitness equipment/areas, provide resources and contact information for client's future inquiries; discuss health and fitness goal setting; keep detailed and accurate records of client information; provide regular weekly appointment hours; attend all Fitness Assistant and SRC training sessions and meetings; communicate to the department and Assistant Director of Fitness with any suggestions or concerns; assist with staff orientation and training for all SRC employees; monitor proper exercise technique throughout the facility; support marketing efforts and special events; assist in overall program evaluation; always promote the SRC in a positive manner.

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**Required:** Current UO student, good communication skills, ability to work with people, ability to respond to emergency situations

**Experience Required:** Successful completion of the Personal Trainer prep course (PEF 399). Enrollment and/or completion of one PE Weight Training class at the University of Oregon (preferred).

**Certification Requirement:** Current Adult CPR, AED and Standard First Aid.

*Preferred:* ACE Personal Trainer certification (or other agency as approved) – within first 3 months of hire.

**Working Conditions:** Potential contact with bio-hazardous materials. Potential of working with members with health related illnesses and cardiac problems.

**Compensation:** **\$8.60-10.00/hour**; dependent upon experience level.