



Position Title:

Group Exercise Instructor

Job Description

Responsible for instructing safe and effective workouts to music using the most current techniques sanctioned by national certification specialists. Must assist in monitoring class participation, setting up and storing of equipment. A semester meeting, workshop or event is required on the weekend..

Certifications/ Instructor Training Preferred

AFAA primary aerobic certification or ACE Group Certification is preferred. Other nationally recognized Group Exercise Certification will be considered. RecSports Fitness Instructor Training/Aerobic Movement Credit course preferred.

Work Hours/Anticipated Schedule

Instructors are required to teach a minimum of two formats twice per week. Senior/experienced instructors select classes first. New instructors may be required to teach weekends and late nights. Classes and times change each semester.

Additional Information

Application deadline is April 26, 2017. Auditions will be held Sunday April 30, 2017, from 1-4pm. Audition must be Kickbox, hi/low or step. See score sheet below. Audition time must be selected by calling or emailing Fitness Director, DeAun Woosley by April 26, 2017.

Contact Information

For more information about this job, please contact: DeAun Woosley, Fitness Director, 979-862-3995 or dwoosley@rec.tamu.edu.



RECREATIONAL SPORTS
TEXAS A & M UNIVERSITY

DIVISION OF STUDENT AFFAIRS

Group Exercise Instructor Application

Please return this form before April 26, 2017. It has important information you will need for your audition!!

Name _____ UIN# _____

Email address _____

Address _____

City _____ State _____ Zip _____

Permanent Address _____

City _____ State _____ Zip _____

Cell_# _____

Major (if applicable): _____

Work Phone _____ Graduation Date (if applicable): _____

Permanent Phone _____

Current CPR Certification (has not expired) Yes No

Nationally Recognized Group Exercise Instructor Certification (Please Check):

AEA ACSM ACE IAR AFAA

Please list where you have taught exercise classes and what classes you have instructed. How many years of teaching experience do you have? (Specify 6 months, 1 year, etc.)



RECREATIONAL SPORTS
TEXAS A & M UNIVERSITY

DIVISION OF STUDENT AFFAIRS

Check the classes you would like to instruct at the Rec.

- Dance Fitness (Dance Cardio Party, Sassy Sweat, Zumba)
- Step
- Muscle Conditioning, Sculpting, Toning, Abs & Back
- Bootcamp
- Combo – Cardio Step/ Kickboxing
- Combo – Cardio/ High Intensity Intervals
- Kickboxing
- Aqua Aerobics
- Indoor Cycle
- Yoga/Pilates/Stretching

List 3 personality characteristics that you think would make you a good Group Exercise

Instructor:

1. _____
2. _____
3. _____

Are you available for weekend meetings, workshops, or instructing classes? _____

Signature of Agreement

Date

Audition Information and Description

Group Exercise Instructor Auditions

Thank you for applying for the Group Exercise Instructor position at the Texas A&M Rec Center. Certification is preferred, but if hired you will have one year from hire date to become certified. You must also be CPR certified before you begin subbing.

Group Exercise Instructor Certifications preferred are:

ACE – American Council on Exercise

AFAA – Aerobics and Fitness Association of America

ACSM – American College of Sports Medicine

Rec Group Exercise instructors **start** at 8.60 an hour and make approximately \$12.00 per class. Certified Instructors are paid FIT 2 Code \$9.00 an hour. Instructors are paid for 15 minutes before and 15 minutes after their class. Classes are generally one hour long and instructors are generally paid for one hour and 30 minutes. You will get a raise once you complete your nationally recognized certification. There are raises for merit and promotions. There are approximately three meetings/workshops per semester. These are mandatory and may meet on Friday, Saturday, and/or Sundays.

If you are selected as a group exercise instructor, you begin training in the summer of 2017. If you train in the fall of 2017 you will begin subbing in the fall and teach in the spring of 2018.

Audition Day: April 30, 2017 1-4pm. Selection time must be selected by April 26, 2017 by calling or emailing DeAun Woosley 862-3995 or dwoosley@rec.tamu.edu

- **Come 15 minutes early to your audition time.**
- **Wear exercise clothes with appropriate shoes. Cross trainers or studio shoes recommended.**
- **Bring your own music, cued and ready to go.**
- **You will be teaching a mini 12 minute class. Step, floor aerobic or kickboxing. Current fitness instructors will use the enclosed form to evaluate you.**
- **You will be notified within two days of auditions.**

If you have any questions please contact DeAun Woosley at (979) 862-3995. or dwoosley@rec.tamu.edu

Room: _____

Time: _____

Identifier: _____

Fitness Instructor Audition

Score Sheet

NAME: _____

PHONE: _____ Email: _____

DATE: _____

Attends Rec Group Exercise Classes regularly Yes ___ No ___

Attended the FIT Class: Yes ___ No ___

Will be available to train/teach this summer: Yes ___ No ___

Would be willing to train for water aerobics: Yes ___ No ___

Would be able to train in yoga/pilates Yes ___ No ___

PRESENTATION WORKOUT: (STEP, floor aerobics, OR Kickbox) _____

(All numbers are worth 2 points.)

2 points means perfect, 1 point means did not accomplish this, but has some knowledge of how to accomplish it and 0 points means did not accomplish this at all.

Introduction [__]

I. WARM UP: 3 Minutes (Step OR Kickbox)

- _____ 1. Facing class and starting on left foot and cueing R.
- _____ 2. Rhythmic movements, easy to follow appropriate to class format.
- _____ 3. Dynamic/Static stretches appropriate for workout and cued about form.
- _____ 4. Music is appropriate BPM for format.
- _____ 5. Started on the "one".

II. CARDIO SEGMENT: 6 Minutes

- _____ 6. Simple, easy to follow combos (TWO 32ct. combos on R and L lead)
(Kickbox combos can be 16 cts,) Don't score down if they do not finish 2 combos
- _____ 7. Combo is taught one step at a time Progressive Add on method.
- _____ 8. Transitions from right to left smooth.
- _____ 9. Hears music, stays on beat, and can get back on beat when off
- _____ 10. Safe body mechanics, step technique NO BOUNCING off STEP and
Kickbox jabs are strong and kicks are good form. Cues where to look on the
kicks.
- _____ 11. On beat, started on the "one".

III. COOL DOWN: 3 Minutes

- _____ 12. Gradual lowering of intensity.
- _____ 13. Easy to follow moves with static stretches appropriate to workout and
cued for form.

IV. PROFESSIONAL PRESENTATION

- _____ 14. Uses microphone properly.
- _____ 15. Confident presence and in control.
- _____ 16. Preparation is apparent.
- _____ 17. Eye contact with entire class.
- _____ 18. Fun and motivating.

_____ TOTAL POINTS (36)

Comments: