Position Description
Graduate Assistant – Strength & Conditioning/Personal Training

Responsibilities:
Assist the Director of Strength & Conditioning and Strength & Conditioning Coordinator with the management of the personal training program and overall operations of the weight and fitness room/strength and conditioning areas. Specific areas of responsibility include but are not limited to:

- Coordination of the personal training program which will include, but is not limited to: assisting in the hiring, training, evaluating, and supervising of the personal training staff; assigning personal trainers to clientele, and daily management of personal training client database and trainer/client files and program audits.
- Development and implementation of new programs for the personal training program and weight and fitness room.
- Perform personal training sessions with Rec Center members/clientele
- Assistance with Strength & Conditioning programming and coaching for Sport Club teams.
- Coordination of personal trainer and weight room staff in-services and continuing education opportunities (e.g. meetings, workshops, clinics, and conferences).
- Assist in the hiring, training, evaluating and supervision of the weight room staff
- Assist in the scheduling of weight room staff
- Completing major and minor repairs/upkeep to strength and conditioning equipment
- Take-on weight and fitness room Head Attendant and Attendant role when necessary
- Participation in Fitness Outreach Services = off site educational presentations and workshops
- Support and encourage the concept of student leadership and development
- Other opportunities available through interaction with a comprehensive recreational sports program and by serving on departmental and divisional committees
- Assist with other duties as assigned

Texas A&M Student Recreation Center and Strength & Conditioning Facilities:
The Student Recreation Center is the 373,000 sq ft flagship facility for the Department of Recreational Sports and includes a wide variety of services, programs and activities for a campus community consisting of over 59,000 students and 10,000 faculty/staff. The Department of Recreational Sports Weight and Fitness Room is a 14,700 square foot facility in the heart of the Student Recreation Center which houses the finest strength and conditioning equipment in the industry including more than 35,000 pounds of free weights and dumbbells, 165 pieces of resistance training equipment, and more than 100 pieces of cardiovascular equipment. The strength & conditioning area employs over 60 students as attendants, head attendants, and supervisors. The personal training program employs 15-20 nationally certified personal trainers who develop comprehensive exercise programs specifically for each of their clients. The Department is committed to providing the best strength and conditioning facility and personal training services to the Texas A&M Community. Additionally, Rec Sports is currently in the process of a 115,000 sq ft. expansion to the Student Recreation Center which will include more than doubling the current amount of strength & conditioning space including a private personal training suite and indoor turf movement/functional training area within the weight and fitness room. This expansion and renovation project will be complete by summer of 2016.

Qualifications:
- Bachelor’s degree
- Experience with college students and programs in recreational sports setting. Knowledge and interest in recreational facility operations, along with resistance training and cardiovascular equipment upkeep and maintenance.
Must hold at least one current certification from a nationally accredited certification organization: NSCA-CSCS, NSCA-CPT, ACE-CPT, NASM-CPT, ACSM-CPT, or ACSM-HFI

Personal training experience and/or weight room/strength and conditioning room supervisory experience.

*Admission to the Texas A&M Graduate School in a program of study that is directly related to Graduate Assistantship position, qualifying programs of study include, but are not limited to: Sports Management, Exercise Physiology, Sport Physiology, Motor Behavior, and Nutrition. Other degree programs will need to be considered individually. Please be sure to research the appropriate program in order to obtain the minimum requirements needed to be accepted into the graduate program of preference. The minimum requirements for acceptance into each specific program may vary. The following dates are currently indicated as application deadlines for each of the programs listed below.

- Higher Education – December 1
- Student Affairs Administration – December 1
- Exercise Physiology – January 15
- Sport Physiology – January 15
- Sports Management – February 1; Online Sports Management Program – April 1
- Recreation, Parks, and Tourism Sciences – March 1

**Stipend:**

- $13.60 per hour and 20 paid hour work weeks (equals approximately $14,000 annually), eligible for merit increase in 2nd year
- 9 or 12 month position
- Full Tuition Waiver. Student will be responsible for all fees. Tuition waiver is for a maximum of 9 credit hours each fall and spring semester and 6 credit hours for summer semester.
- University medical health benefits
- Travel/Professional Development allowance

**Application Procedure:**

Required application materials include: letter of application, resume, transcript (can be unofficial), GRE scores, and three reference names with telephone numbers and email addresses. All applications must be sent via email to both of the following:

Jerod Wilson, Director of Strength & Conditioning at jwilson@rec.tamu.edu
Josh Adams, Strength & Conditioning Coordinator at jadams@rec.tamu.edu

**Closing Date:**
Applications will be reviewed until position is filled. For best consideration, application materials should be received by Friday, January 29, 2016. *Priority will be given to individuals who can confirm submission of their graduate school application materials.*

**Start Date:** August 1, 2016 (flexible)

For more information visit recsports.tamu.edu

Texas A&M University is committed to equal employment opportunity through affirmative action.