Part-time Position Title | Bootcamp Coach

### General Statement of Duties
Coaches lead two five-week early morning or evening Bootcamp, Boxing Bootcamp and/or Barre Bootcamp programs. Activities include but not limited to boxing, barre, strength training, running, jumping, sprinting, high intensity drills, squats, and abdominal work. Indoor activities include but not limited to cycling, rowing, weight training and track work. Familiar with PEAP obstacle course activities for Bootcamp only.

### Typical Responsibilities:
- Ensure the safety of participants in a potentially outdoor environment with cars, darkness, weather
- Ensure the safety of all participants by demonstrating and educating on proper form and techniques learned in the training
- Educate participants in the benefits of exercise and a healthy lifestyle
- Ensure the safe use of exercise apparatus
- Provide motivation and support for all participants
- Maintain a high level of regular communication and accountability with all participants
- Continue personal growth and knowledge by attending mandatory training workshops
- Provide assistance in the monitoring of class enrollment by keeping up with class rosters and making sure everyone in class is registered for that class

### Experience and Abilities
- Certified Group Exercise Instructor, Personal Trainer
- USA Boxing Coach for Boxing Bootcamp and Barre certified for Barre Bootcamp
- Knowledge of the benefits of exercise
- Basic understanding of the cardiovascular system, anatomy, and kinesiology
- Certification in Heartsaver CPR before instructing a class
- Participation in group exercise, and experience in assisting or teaching
- Moderate to high personal fitness level
- Interpersonal and communication skills are essential
- First Aid Certification (preferred)

### Environmental Conditions
- Lifting equipment
- Common muscle strains and sprains associated with exercise and activity
- Exposure to loud music, sun, rain, cold weather, darkness
- Aqua instructors exposed to pool chemicals

### Training
- Mandatory staff training workshop prior to instructing classes
- Semester workshops/meeting
- Certification preparation
- 1 year experience teaching/leading large groups, and 1 semester participation in program required

### Pay Scale
In accordance with the Department of Recreational Sports part-time worker pay scale Bootcamp Coach will paid $20/hr. for the actual class.
Learning Outcomes
1) Develop, execute, and lead a safe, effective, and inclusive Bootcamp class experience
2) Motivate and communicate with a diverse group of people with a variety of fitness backgrounds and needs, and adapt as needed
3) Build relationships and accountability with participants by using interpersonal skills to coach and assist with goals

How to Apply
• To apply, applicants must submit a completed part-time employee job application to gorgain@rec.tamu.edu.

Work Hours/Anticipated Schedule
• Three hours per week at 6:00am (Monday, Wednesday, Friday) for Outdoor Bootcamp, or two hours per week for Boxing Bootcamp (Monday & Wednesday or Tuesday & Thursday or Friday

Contact Information
For more information, contact Georgia Orgain, Graduate Assistant, at gorgain@rec.tamu.edu.