### Part-time Position Title: Fitness Instructor 2, Student

#### Job Description

**A. General Statement of Duties**
Provide safe and effective workouts to music using the most current techniques sanctioned by leading certification specialists. Assist in monitoring class enrollment and the setting up and storing of equipment.

**B. Typical Responsibilities**
- Ensure the safety of all participants by using proper form and techniques learned in the training program prior to instructing
- Educate participants in the benefits of exercise and a healthy lifestyle
- Continue personal growth and knowledge by attending mandatory training workshops
- Provide assistance in the monitoring of class enrollment by checking class passes
- Ensure the safe use of exercise apparatus
- Provide motivation and support for all participants
- Be available before and after class to answer participants’ questions

**C. Experience and Abilities**
- Must be a currently enrolled student
- Knowledge of the benefits of aerobic exercise
- Basic understanding of the cardiovascular system, anatomy, and kinesiology
- Participation in group exercise, and some experience in assisting or teaching
- Moderate to high personal fitness level
- Strong interpersonal and communication skills
- Certification in Heartsaver CPR (preferred)
- Diversity in instruction: low impact, high impact, step, slide, resistance training, dance fitness, bootcamp, aqua, barre, mind/body, indoor cycling, etc. (preferred)

**D. Environmental Conditions**
- Lifting equipment
- Common muscle strains and sprains associated with exercise and activity
- Exposure to loud music
- Aqua instructors exposed to pool chemical

**E. Training**
- Mandatory staff training workshop prior to instructing classes
- Semester workshops/meetings
- Certification preparation
  - **Fitnes Instructors**
    - 20 hours in house training – preferred
    - Six week in class training mentored by senior instructors
  - **Instructional Dance Instructors**
    - One day training

**F. Pay Scale**
In accordance with departmental policy, Fitness Instructor 2, Student will start at a rate of $10.60 per hour and is eligible for a merit raise after four months of service. Instructors will be paid for the actual class and are required to be in attendance fifteen minutes prior and fifteen minutes following. Instructors will also be paid the same hourly fee for once a month two hour training workshops and
for all assisting in all special events and marketing opportunities (such as De-Stress Fest, Spring Dance Party, etc).

G. Learning Outcomes
1) Develop, execute, and lead a safe, effective, and inclusive fitness 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) Develop, execute, and lead two different fitness class formats utilizing a variety of equipment

<table>
<thead>
<tr>
<th>How to Apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please submit your resume and cover letter to Miranda Price at <a href="mailto:mprice@rec.tamu.edu">mprice@rec.tamu.edu</a>. In your cover letter please include what class(es) you would like to teach, your experience in teaching that class, and why you want to teach. We are looking for classes we do not currently offer!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>For more information, contact Miranda Price, Assistant Director of Fitness &amp; Wellness, <a href="mailto:mprice@rec.tamu.edu">mprice@rec.tamu.edu</a></td>
</tr>
</tbody>
</table>