## Job Description

### General Statement of Duties
Assist the Strength & Conditioning Professional Staff in the management of the personal training program and overall operations of the strength & conditioning room/strength and conditioning areas.

### Typical Responsibilities
- Assist in the hiring, training, and supervision of the strength & conditioning room staff
- Assist with the coordination of the personal and small group training program which will include, but is not limited to: the hiring, training, and supervising
- Aid in assigning personal trainers to clientele, and daily management of personal and small group training client database and trainer/client files
- Conduct comprehensive evaluation process for all strength & conditioning room staff, personal trainers, and small group trainers
- Instruct portions of annual personal training preparatory course
- Helping with the development and implementation of new programs for the personal and small group training program and strength & conditioning room.
- Perform personal training and small group training sessions with Rec Center members/clientele
- Coordination of personal trainer and strength & conditioning room staff in-services and continuing education opportunities (e.g. meetings, workshops, clinics, and conferences)
- Assist in the scheduling of strength & conditioning room staff
- Serve as the primary liaison with the Marketing and Communications staff to provide social media and digital signage content for the personal and small group training program and strength & conditioning area
- Completing major and minor repairs/upkeep to strength and conditioning equipment
- Assist with strength & conditioning programming and coaching for various Sport Club teams
- Take-on strength & conditioning room Head Attendant and Attendant role when necessary
- Participation in Fitness Outreach Services, which are 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

### Experience and Abilities
- Bachelor’s Degree & Admission to Texas A&M Graduate School
- Experience working 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.
- Personal training experience and/or weight room/strength and conditioning room supervisory experience.

### Training
- 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
- Satisfactory completion of Head Strength & Conditioning in-service training session(s).
- Attendance at periodic staff in-services, workshops, and professional speakers.
- Additional training will be provided by the Strength & Conditioning Staff
- Stay up to date on required state training

### Environmental Conditions
- Frequent lifting and moving of heavy equipment.
Utilization of tools including, but not limited to wrenches, screw drivers, and socket sets.

Frequent exposure to potentially hazardous commercial cleaning products.

Pay Scale
In accordance with departmental policy, the Graduate Student Technician – Strength & Conditioning position will start at $15.60 per hour and be eligible for merit increase in 2nd year of Graduate School.

Learning Outcomes
1) Display advanced management of student and part-time employees including hiring, training, scheduling, and evaluation
2) Critically analyze and adapt protocols, procedures, and priorities in response to changing departmental and area demands
3) Identify emerging topics and methodologies in strength & conditioning, personal training, and small group training and disseminate to staff when appropriate

Wage, Benefits and Stipend Information

- Rec Sports will pay the in-state tuition, 9 hours for fall and spring semesters and 6 hours for summer semester. (Non-Texas residents in a field of study* that directly relates to the assistantship can apply for a waiver from non-Texas to in-state tuition)
- $15.60 per hour and 20 paid hour work weeks (approximately $1,400 monthly), eligible for merit increase in 2nd year
- 9 or 12 month position
- University medical health benefits
- Travel/professional development allowance
- No state income tax
- Texas A&M Rec Sports will pay the in-state tuition for all Graduate Assistants (9 hours for Fall & Spring semesters and 6 hours for Summer semester)
- For non-Texas residents, in order to qualify for in-state tuition, Graduate Assistants must be enrolled in a field of study that directly relates to their graduate assistantship.
- Please make sure to research the qualifications and required deadline for applications. Programs that our Graduate Assistants have studied under and have qualified for the tuition waiver include, but are not limited to: Sports Management, Exercise Physiology, Sports Physiology, and Recreation, Park, and Tourism Sciences. Other degree programs will need to be considered individually by the Office of Graduate Studies
- A few of the graduate program deadlines include:
  - Exercise Physiology – January 15, 2022
  - Sports Physiology – January 15, 2022
  - Sports Management (Face to Face) – February 1, 2022
  - Sports Management (Distance Education) – April 1, 2022
  - Recreation, Park & Tourism Sciences – June 1, 2022

Strength & Conditioning and Personal Training Facilities

Texas A&M Student Recreation Center and Strength & Conditioning and Personal Training Facilities: The Student Recreation Center is the 450,000+ ft2 flagship facility for the Department of Recreational Sports and includes a wide variety of services, programs, and activities. The Strength & Conditioning space is 35,000+ ft2 located in the heart of the Student Recreation Center. This area houses the finest strength and conditioning equipment in the industry including: 10,500 ft2 of free weight space with more than 40,000 pounds of free weights, bumper plates, and dumbbells, a large indoor turf/movement area, 165 pieces of selectorized resistance training equipment, and 150 pieces of technologically advanced cardiovascular equipment. Also in the facility is a large Personal and Small Group Training Suite with some of the best, most versatile equipment in the industry. Currently, the Strength & Conditioning area employs approximately 150 student as Strength & Conditioning Attendants, Head Attendants, and Supervisors. The Personal and Small Group Training program employs nationally certified personal trainers and small group coaches who develop comprehensive exercise programs specifically for each of our clientele. Additionally, our new Polo Road Rec Center satellite facility houses a
17,500 ft² Strength & Conditioning area and features new and cutting edge equipment, technology, and layout. Currently under construction is the Southside Rec Center satellite facility that will be approximately 63,500 ft² and house a 25,000 ft² Strength & Conditioning area. This facility is currently scheduled to open in August 2022!

### How to Apply

**Application Procedure:** Required application materials include: letter of application, resume, transcript (can be unofficial), GRE scores (if necessary), and three professional references with telephone numbers and email addresses. All applications must be sent via email to the following: Zach Ganger, Assistant Director of Strength & Conditioning at zganger@rec.tamu.edu

**Closing Date:** Applications will be reviewed until position is filled. For best consideration, application materials should be received by Sunday, January 16, 2022. *Priority will be given to individuals who can confirm submission of their graduate school application materials.*

**Start Date:** August 1, 2022 (flexible)
Information is available on the Rec Sports website at: https://recessports.tamu.edu/employment under Part-Time Employment or you may contact Zach Ganger, Assistant Director of Strength & Conditioning at zganger@rec.tamu.edu