Part-time Position Title | S&C Small Group Coach
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**Job Description**

**General Statement of Duties**
Provide small group training program design and implementation for Department of Recreational Sports members and guests who register for small group training offerings. Position requires the utilization of safe and effective strength and conditioning exercises, routines, and coaching methods that are sanctioned by leading certification organizations and/or are commonly accepted practices in the industry. This position is also responsible for the monitoring and documentation of participant progress as well as setting up and storing any necessary equipment.

**Typical Responsibilities**
- Designing of high quality, systematic, and safe programs that provide a safe way to reach the participants’ goals within the format that is offered
- Ensure the safety of all participants by properly explaining, educating, and coaching during each training session as well as reinforcing the utilization of proper technique and spotting methods where appropriate
- Provide motivation and support to the participants who participate.
- Documentation of all workouts, measurements, testing data, etc.
- Be available to answer questions from individuals in the group that are within the scope of practice for small group training coaches
- Educate participants in the benefits of a healthy active lifestyle
- Continue personal growth and knowledge by attending mandatory training workshops

**Experience and Abilities**
- Must be currently employed by the Department of Recreational Sports as a Certified Personal Trainer
- Certification from a nationally recognized certification organization (NSCA, CSCCA, NASM, ACSM, ACE)
- Current certification in CPR is required prior to application (Heartsaver, American Red Cross)
- High level of understanding of program design and implementation for small groups
- High level of understanding of human anatomy and exercise physiology
- High level of working knowledge of the proper utilization of all modalities of resistance training
- Ability to organize, interact with, and motivate multiple individuals doing a variety of exercises simultaneously
- Good understanding of the principles of nutrition and dietary modification
- Moderate to high personal fitness level
- Good time management as well as interpersonal and communication skills are essential

**Training**
- Must complete strength & conditioning small group coaching orientation prior to working with any groups
- Must complete mandatory shadow sessions if learning a new format/modality
- In-Service workshops and professional speakers
- Must hold and maintain CPR certification and Personal Training Certification by accruing ample CECs/CEUs required by certification organization.

**Environmental Conditions**
- Frequent lifting of light to heavy equipment
- Common muscle strains and sprains associated with exercise and activity
- Possible exposure to loud music
- Possible exposure to potentially hazardous chemicals
Pay Scale

While coaching sessions, Strength & Conditioning Coaches will be paid following the Department of Recreational Sports Supplemental Pay Scale and will start at $25.00 per training session. Strength & Conditioning Coaches will be paid for the actual session(s) performed with the small group participants. Coaches are expected to arrive on time and finish within the time allotted. The department will not compensate any extra time past the scheduled training time period. During shadow sessions, in-services, orientations, and the like Coaches will be paid at their existing student wage rate for weight room duties or placed on the wage scale at pay scale D in accordance with the Department of Recreational Sports part-time worker pay scale.

Learning Outcomes

1) Develop programming methodologies for small to medium groups of participants which address both group and individual needs and wants
2) Communicate and demonstrate exercise technique/modifications effectively with individuals of varying abilities, learning styles, and linguistic capabilities in a fast-paced, irregular environment
3) Quickly adapt and improvise exercise programs in response to various clientele changes, technical proficiency, environment changes, and motivation levels
How to Apply

To apply, please:

1. Attach an official copy of your Spring 2022 class schedule. Legibly complete all pages of this application. If you have yet to register for classes please note that below:
   - I have not yet registered for Spring 2022 (check if appropriate)
   - I have not yet registered for Fall 2022 (check if appropriate)

   You must be a currently enrolled student at Texas A&M University or Blinn College to be employed in this position for the Department of Recreational Sports

2. If hired for a Spring 2022 start date, your training will take place during the Winter Break time period. Will you be available for training during this time period? (circle) Yes No

3. If hired, would you be available to work during these time periods?
   - Spring Semester 2022 (circle) Yes No
   - Summer 2022 (circle) Yes No
   - Fall Semester 2022 (circle) Yes No

   - The [https://recsports.tamu.edu/wp-content/uploads/Rec-Sports-Part-time-Job-Application_2021.pdf](https://recsports.tamu.edu/wp-content/uploads/Rec-Sports-Part-time-Job-Application_2021.pdf) and a brief essay (no more than one page) explaining why you are seeking employment as a Small Group Coach for the Department of Recreational Sports emailed to fcaballero@rec.tamu.edu in PDF form by 12:00 PM on Monday, November 1, 2021.

   - Current Personal Training Certification and CPR Card (Required)
   - Resume (preferred)
   - Spring 2022 class schedule (if available). If you will be working another job, please attach a copy of that work schedule, as well.

*Note – If your application is not legible, or if you are missing any of the required documents, you will not be considered for an interview. Please combine multiple files into a single PDF. You will be contacted by e-mail regarding interview information, so please be sure to check your e-mail regularly after submitting this application.

Contact Information

For more information, contact Federico Caballero, Graduate Assistant for Strength & Conditioning, at fcaballero@rec.tamu.edu or 979-458-1027.
Applications that do not reference a specific position will not be accepted. Please refer to the position description you are interested in (available online) for complete details on the requirements of each position.

Note: Due to Texas A&M University rules, student employees can work a maximum of 29.75 hours per week (Sunday-Saturday). Non-student part-time employees can work a maximum of 19.75 hours per week (Sunday-Saturday).

**Personal Information**

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<tr>
<th>Position Applying For:</th>
<th>S&amp;C Small Group Coach</th>
<th>Date You Can Begin:</th>
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<tr>
<td>Last Name:</td>
<td>First Name:</td>
<td>Middle Name:</td>
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<td>Are you a U.S. Citizen?</td>
<td>☐ Yes ☐ No</td>
<td>UIN:</td>
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<td>Cell Phone:</td>
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<td>How did you learn about this job?</td>
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<td>Have you ever been employed by the Department of Recreational Sports?</td>
<td>☐ Yes ☐ No</td>
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<td>If so, what was your position?</td>
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**School Information**

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<tr>
<th>Are you a Texas A&amp;M student?</th>
<th>☐ Yes ☐ No</th>
<th>Expected Date of Graduation:</th>
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<td>What is your major?</td>
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<td>Have you been on scholastic or conduct probation at Texas A&amp;M?</td>
<td>☐ Yes ☐ No</td>
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<td>If so, please explain.</td>
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**Work Experience**

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<th>DATES Beginning - Ending</th>
<th>EMPLOYER</th>
<th>TITLE</th>
<th>PHONE #</th>
<th>REASON FOR LEAVING</th>
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**References**

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<th>NAME</th>
<th>CONTACT NUMBER</th>
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Job Skills/Certifications

Please list any job skills or certifications you currently hold. Please review the position description for a reference of required skills and certifications for the position for which you are applying.

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<th>Certification Name or Job Skill</th>
<th>Granting Agency (If Applicable)</th>
<th>Expiration Date (If Applicable)</th>
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Additional information

Please provide any additional information requested on the position description or that you believe qualifies you for this job. Attach a separate sheet if necessary.

REFERENCE CHECKS:
I authorize the Texas A&M University System or any of its components to make reference checks relating to my employment, and I also authorize all prior employers to provide full details concerning my past employment.

CERTIFICATION OF REGISTRATION STATUS:
I understand that if I am a male, I am required to sign a Certificate of Registration Status for the Selective Service as a requirement for employment. I further understand that if I am a male between the ages of 18 to 25, I must show proof of registration with Selective Service at the time of hire.

IMMIGRATION AND NATURALIZATION SERVICE EMPLOYMENT ELIGIBILITY VERIFICATION:
I understand that any offer of employment is contingent upon my completing the Immigration and Naturalization Service Employment Eligibility Verification (Form I-9) and providing documents to verify my identity and employment eligibility as required by law. When completing the Form I-9, I will be required to attest that I am a citizen or national of the U.S., a lawful Permanent Resident, or an alien authorized to work.

FALSE STATEMENTS:
I certify that all information on this application is accurate, complete, and true to the best of my knowledge. I realize that any falsification, misrepresentation, or omission of the fact made on this application may be cause for denial of employment or immediate termination of employment, regardless of when or how it was discovered. Texas A&M University is an at-will employer and may dismiss employees with or without cause. I understand that, if employed by Texas A&M, I will be an at-will employee and may be dismissed from employment with or without cause.

______________________________  ________________________
Applicant Signature            Date