



Part-time Position Title

Strength & Conditioning Attendant

Job Description

General Statement of Duties

Provide excellent customer service by ensuring the proper use of resistance training and cardiovascular equipment to help promote safe, effective, and efficient workouts while maintaining a courteous and professional atmosphere.

Typical Responsibilities

- Supervision of facility and its users.
- Following the 10-5-1 customer service guidelines. When a facility user is within 10 feet make eye contact and smile; when a facility user is within 5 feet, speak to them (hello, etc.); and when a facility user is within 1 foot give them your undivided attention.
- Responsive to the needs of Strength & Conditioning Room customers (e.g. spotting, answering questions, proper technique demonstration, adjust television and radio stations).
- Enforce strength & conditioning room policies.
- Cleaning and minor maintenance of equipment.
- Present a professional appearance (e.g. wearing staff shirt (tucked in), khaki or black shorts/pants, and nametag).

Experience and Abilities

- Must be a currently enrolled student at Texas A&M University or Blinn College.
- Sincere interest in helping Rec Center members exercise in a safe, effective, and efficient manner.
- Knowledge and interest in resistance training and cardiovascular equipment upkeep, maintenance and operations.
- Demonstrated knowledge of proper resistance and cardiovascular training techniques.
- Excellent communication/people skills.
- Prior weight room experience including weight training and weight room supervision. (preferred)
- Current CPR certification (Heartsaver CPR & AED) (preferred).

Training

- Satisfactory completion of Strength & Conditioning New Hire training.
- Attendance at periodic staff in-services, workshops, and the like.

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 the Department of Recreational Sports part-time worker pay scale Strength & Conditioning Attendants will be classified under pay scale B, and start at an hourly wage of \$8.35.

Learning Outcomes

- 1) Communicate effectively by assisting patrons in their use of exercise equipment and by enforcing policies
- 2) Learn the basics of exercise physiology including: major muscle anatomy, joint actions, basic muscular physiology, and planes of movement
- 3) Participate effectively in teams to ensure risk management and equipment upkeep procedures are carried out

How to Apply

To apply, please submit:

- Please complete the https://recsports.tamu.edu/wp-content/uploads/Rec-Sports-Part-time-Job-Application_2021.pdf and turned into the Student Rec Center Receptionists Office room 202 by 5:00 PM on Monday, November 8, 2021.

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

1. Attach an official copy of your Spring 2022 semester 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 (circle if appropriate) Yes
2. Interviews will likely take place from Monday, November 15 through Thursday, November 18. Will you be available for an interview during those dates? (circle) Yes No
3. If hired for the Spring 2022 semester, your training will take place during the Winter Break time period of January 3 – January 13 (*exact dates & times TBA*). Will you be available for training during this time period? (circle) Yes No
4. If hired, would you be available to work during these time periods?

Spring Semester 2022	(circle)	Yes	No
May Break 2022	(circle)	Yes	No
Summer Sessions I/II 2022	(circle)	Yes	No
August Break 2022	(circle)	Yes	No
Fall Semester 2022	(circle)	Yes	No
5. Attach the completed 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 Strength & Conditioning Attendant for the Department of Recreational Sports.
6. If you will be working another job, please attach a copy of that work schedule.
7. Attach a copy of your resume (preferred, not required)

***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. You will be contacted by e-mail regarding interview information, so please be sure to check your e-mail regularly after submitting this application.**

Work Hours/Anticipated Schedule

- Successful candidates for the Strength & Conditioning Attendant position can expect to work ~9-12 hours per week on average during the course of a regular semester. Attendants will be scheduled according to their permanent conflicts such as class schedules and student organizations. Conflicts for upcoming schedule periods will be handled on a case-by-case basis in accordance with Strength & Conditioning policies. All Strength & Conditioning staff are required to work at both the Student Recreation Center and Polo Road Satellite Facility.

Contact Information

For more information, contact Zach Ganger, Assistant Director of Strength & Conditioning, at zganger@rec.tamu.edu or 979-862-7443.