Part-time Job Announcement

**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 weight/fitness 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:

1. Attach an official copy of your Summer and/or 2020 class schedules. 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 Summer 2020 (check if appropriate)
   - [ ] I have not yet registered for Fall 2020 (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. Interviews will likely take place from Monday, April 13 through Thursday, April 16. Will you be available for an interview during those dates? (circle)  Yes  No

3. If hired for a Summer 2020 start date, your training will take place during the May Break time period of May 14 – May 22 (exact dates & times TBA). Will you be available for training during this time period? (circle)  Yes  No

4. If hired for a Fall 2020 start date, your training will take place during the August Break time period of August 12 – August 19 (exact dates & times TBA). Will you be available for training during this time period? (circle)  Yes  No

5. If hired, would you be available to work during these time periods?
   - May Break 2020  (circle)  Yes  No
   - Summer I/II 2020  (circle)  Yes  No
   - August Break 2020  (circle)  Yes  No
   - Fall Semester 2020  (circle)  Yes  No
   - Spring Semester 2020  (circle)  Yes  No

   • The **part-time employee job application** 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 turned into Student Rec Center Receptionists Office room 202 by 5:00 PM on Monday, April 6, 2020.

   • Resume (preferred)

   • Spring 2020 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. 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 Zach Ganger, Assistant Director of Strength & Conditioning, at zganger@rec.tamu.edu or 979-862-7443.