**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:

1. Attach an official copy of your Summer and/or 2021 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 2021 (check if appropriate)
   - [ ] I have not yet registered for Fall 2021 (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 12 through Thursday, April 15. Will you be available for an interview during those dates?  
   (circle) [ ] Yes  [ ] No

3. If hired for a Summer 2021 start date, your training will take place during the May Break time period of May 10 – May 21 (exact dates & times TBA). Will you be available for training during this time period?  
   (circle) [ ] Yes  [ ] No

4. If hired for a Fall 2021 start date, your training will take place during the August Break time period of August 12 – August 20 (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 2021 (circle) [ ] Yes  [ ] No
   - Summer I/II 2021 (circle) [ ] Yes  [ ] No
   - August Break 2021 (circle) [ ] Yes  [ ] No
   - Fall Semester 2021 (circle) [ ] Yes  [ ] No
   - Spring Semester 2022 (circle) [ ] Yes  [ ] No

   - [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 Strength & Conditioning Attendant for the Department of Recreational Sports emailed to zganger@rec.tamu.edu in PDF form by 5:00 PM on Monday, April 5, 2021.

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

<table>
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<tr>
<th>Position Applying For:</th>
<th>Strength &amp; Conditioning Attendant</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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<tr>
<td>Are you a U.S. Citizen?</td>
<td>Yes</td>
<td>No</td>
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<td>E-mail Address:</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</td>
<td>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</th>
<th>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</td>
<td>No</td>
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<td>If so, please explain.</td>
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**Work Experience**

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<tr>
<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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PART-TIME EMPLOYEE
JOB APPLICATION

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