



Part-time Position Title

Personal Trainer

Job Description

General Statement of Duties

Provide safe and effective workout routines and guidance using currently accepted techniques and methods that are sanctioned by leading certification organizations. Monitor and motivate client progress as well as setting up and storing any necessary equipment.

Major Responsibilities

- Ensure the safety of all participating clients by using proper form and spotting techniques learned in a personal training certification program prior to being hired
- Provide a safe and effective workout routine that meets the needs of the client and provides a realistic and safe way to reach the client's goals and objectives
- Educate participating clients in the benefits of exercise and a healthy lifestyle
- Provide support and motivation as the client progresses to their individual goals
- Continue personal growth and knowledge by attending mandatory training workshops
- Ensure the safe use of exercise equipment and training methodologies
- Be available to the client to answer questions within scope of the personal training practice

Experience and Abilities

- Current certification in personal training from a nationally recognized certification organization is required prior to application, such as NSCA, NASM, ACE, ACSM, etc.
- Current certification in CPR is required prior to application (Heartsaver CPR & AED)
- 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 and cardiovascular conditioning equipment in the Student Recreation Center and Weight and Fitness Room.
- Good understanding of the principles of nutrition and dietary modification
- Moderate to high personal fitness level
- Willingness to train a diversified community of clientele
- Good time management as well as interpersonal and communication skills are essential

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

Training

- Must complete personal training program orientation prior to working with clientele
- Must complete mandatory shadow sessions prior to training clientele
- In-Service workshops and professional speakers
- Must maintain CPR and Personal Training Certification by accruing ample CECs/CEUs required by certification organization.

Pay Scale

While personal training clients, trainers will be paid following the Rec Sports Supplemental Pay Scale and will start at \$12 per hour. Personal trainers will be paid for the actual session performed with their client(s). Trainers are expected to arrive on time and finish within the time allotted. The department will not compensate any extra time past the scheduled session. During in-services, orientations, shadow sessions, personal training classes, and the like personal trainers will be paid in

accordance with the Rec Sports part-time worker pay scale. Personal Trainers will be classified under pay scale D, and start at an hourly wage of \$11.20.

Learning Outcomes

- 1) Communicate instructions and exercise modifications effectively both verbally and in written form
- 2) Plan, develop, and adapt exercise programs in response to client history, goals, needs, chronic health concerns, and acute observations
- 3) Demonstrate ability to interact with a broad variety of individuals in one-on-one and partner sessions

How to Apply

To apply, please:

1. Attach an official copy of your Fall 2023 class schedule. Legibly complete all pages of this application.
 - If you will be working another job, please attach a copy of that work schedule, as well.
2. Click the following link and fill out the form
 - https://recsports.tamu.edu/wp-content/uploads/Rec-Sports-Part-time-Job-Application_2021.pdf
3. Resume is preferred but not required.
4. Combine all documents into one file and email it to djscott@rec.tamu.edu in PDF form or, drop it off in office 202 of the student rec center.

Please answer the following questions and send this in with the rest of your required application documents.

1. Interviews will take place During the week of September 5th and September 8th. Will you be available for an interview during that time?
(circle) Yes No
2. If hired, would you be available to work during these time periods?
Fall Semester 2023 (circle) Yes No
Spring Semester 2024 (circle) Yes No
Summer Semester 2024 (circle) Yes No

Please note the following

- Current Personal Training Certification and CPR Card or Future date registered to take the exam are (Required)
- 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 DJ Scott, Personal & Small Group Training Coordinator, at djscott@rec.tamu.edu.