Personal Trainer

DIVISION MISSION
Student Affairs provides programs and services that optimize student learning and leadership, builds a safe supportive and welcoming campus community, fosters the emotional growth and personal development of students, and makes a positive contribution to the overall student experience.

DEPARTMENT OVERVIEW
Campus Recreation & Wellness at East Carolina University provides the following programs and services for the campus community: Intramural Sports; Physical Activity & Fitness; Informal Recreation; Club Sports; Adventure Programs; Youth and Family; Aquatics/Safety Services, Wellness, and Special Events.

MINIMUM QUALIFICATIONS
- Have and maintain current CPR, First Aid, and Blood Borne Pathogens certifications.
- Strongly encouraged to obtain certification as a Personal Trainer within 3 (three) months of beginning work as a Personal Trainer.
- If certified, must maintain Personal Training certification via CEU’s.
- Must achieve and maintain satisfactory or above scores on a departmentally developed evaluation for your work area.
- Know, understand, market, and be able to explain all CRW Personal Training Packages, Fitness Classes and Workshop information to customers (information is found in the CRW Program Guide).

SCOPE OF POSITION
Personal trainers work individually with clients of various ages to develop a safe, effective exercise program. This includes goal setting, fitness assessment, one-on-one exercise sessions and exercise prescription. Personal trainers should have basic knowledge of anatomy, exercise physiology, principles of fitness, basic nutrition, cardiovascular conditioning, and strength training. Prior Personal Training work experience is highly recommended, but not required.

Responsibilities:
- Perform safe and thorough Fitness Assessments following ACSM guidelines.
- Assess risk stratification for potential personal training clients to ensure their safety in our programs.
- Assist clients in goal setting and design and implement successful strength training and cardiovascular programs to support clients in meeting those goals.
- Utilize BSDI software for Fitness Assessments and interpret and review all Fitness Assessment results with clients.
- Demonstrate proficiency in various areas of strength training and cardiovascular exercise and provide clients with accurate and safe exercise program guidelines.
- Motivate clients to perform at peak potential.
- Assist with staff development and training.
- Host/create a minimum of two fitness workshops and/or small group training sessions and one trainer time video per semester.
- Work a minimum of two free body fat testing events or other events per semester.
- Lead one outreach program request per semester.
- Be prompt and professional at all times when working with client. Arrive early to prepare if necessary.
- Utilize effective reasoning and conflict resolution skills as situations warrant pertaining to equipment, exercise selection, and customer needs.
- Demonstrate time management skills.
- Uphold the integrity and reputation of the Personal Training program, Campus Recreation & Wellness, and East Carolina University by providing exemplary customer service, and leadership to students, staff, and patrons.

As a result of being a student employee within the Division of Student Affairs, students will have the opportunity to gain the following competencies based on NACE Top Ten Skills Employers Seek and CAS Learning Domains:

- Effective Communication
- Accountability/Integrity
- Self-Awareness
- Effective Reasoning
- Mentorship
- Conflict Resolution
- Teamwork
- Adaptability/Resiliency
- Self-Awareness

DATES OF EMPLOYMENT & COMPENSATION
- Starting hourly rate will be $12.50/hour ($7.50 for Fit Lab Hours).
- Position is considered seasonal employment with varying hours dependent up calendar of activities.
- Reports to the Assistant Director for Assistant Director for Wellness/Fitness.

APPLICATION INSTRUCTIONS
Applications must be submitted through ECU’s PeopleAdmin system. Visit ecu.peopleadmin.com, create a profile and apply for the position listed under Campus Recreation & Wellness. Email: crw@ecu.edu.

Note: Federal Law requires proper documentation of identity and employability at the time of employment. It is requested that this documentation be included with your application. East Carolina University is an affirmative action, equal opportunity employer and as such encourages applications from qualified women and minorities.