



Fitness Specialist

Position Description:

Responsible for providing fitness and wellness services, including fitness assessments, equipment orientations, and personal exercise programs. Applications may be submitted through the Campus Recreation website at www.gvsu.edu/rec.

Required Qualifications:

- Must have at least 3 semesters remaining as a GVSU student

Preferred Qualifications:

- MOV 320 & 321, Exercise Testing and Programming
- MOV 300, Kinesiology
- MOV 304, Exercise Physiology
- Must have excellent time management, customer service, communication, and interpersonal skills
- Experience in health, fitness, or related field
- CPR/First Aid Certification (current)

Primary Responsibilities:

- Attend scheduled meetings and training sessions
- Fulfill mentorship responsibilities as needed
- Provide UFit services to clients
- Conduct health and fitness assessments
- Design individualized exercise programs
- Lifestyle management and goal setting with clients
- Equipment orientations
- Client file management
- Assist with Fitness and Wellness programs, special events, clinics, and presentations
- Other responsibilities determined by interest and qualifications of applicant

Student Wage Rates:

<u>Position</u>	<u>Class</u>	<u>Step A</u>	<u>Step B</u>	<u>Step C</u>	<u>Step D</u>
Fitness Specialist	3	\$9.75	\$10.00	\$10.25	\$10.50

- Students may work a maximum of 25 hours per week during the academic year.
- Wage rates are based off the 2017-2018 requirements. Go to Student Employment- Wage Rates on the GVSU webpage for updates and additional information.
- Additional compensation may include partial funding towards registration costs to sit for an exam for personal training, strength and conditioning, or other related certification.
- Students become eligible for a step increase after two semesters of employment with the same department or after obtaining accreditation and approval to work with personal training clients at the department's discretion. A student's performance evaluation will be the tool used in the determination of a step increase.