



## **Personal Trainer**

### Position Description:

Responsible for working one-on-one with clients to support their health and fitness by developing exercise programs designed to meet the goals and needs of the client. Applications may be submitted through the Campus Recreation website at [www.gvsu.edu/rec](http://www.gvsu.edu/rec).

### Required Qualifications:

- Nationally recognized certification by an accredited agency in personal training or strength and conditioning (accepted certifications include: NSCA, ACSM, ACE, NASM, or equivalent)
- First Aid /CPR/AED Certification

### Preferred Qualifications:

- Prior experience with personal training, fitness instruction, strength coaching, or related experience
- Knowledge of ACSM Guidelines for Exercise Testing and Prescription
- Must have excellent time management, customer service, communication, and interpersonal skills
- Academic Programs in Exercise Science, Physical Therapy, Athletic Training, or related field
- Currently enrolled as a student and in good academic standing at GVSU.

### Primary Responsibilities:

- Design and execute safe, effective, and appropriate exercise plans geared to client's, needs, goals, and abilities
- Maintain professional and confidential relationships with clients
- Perform fitness assessments evaluating body composition, cardiovascular endurance, muscular strength and endurance, flexibility, mobility, motor control, and range of motion
- Abide by ACSM protocol and guidelines
- Educate clients on proper and safe exercise technique using various types of free weight equipment, selectorized equipment, cardiovascular equipment, strength racks and platforms
- Maintain safety of client at all times and only coach within professional boundaries
- Follow Campus Recreation and Facility policies
- Client file management
- Attend scheduled meetings and training sessions
- Willingness to work a flexible schedule including nights and some weekends
- Support special events and service requests
- Coach small group training classes as needed
- Work in mentorship roles as needed

### Wage Rates:

- Wage compensation is dependent on certifications and qualifications of the student
- Students may work a maximum of 25 hours per week during the academic year
- Students become eligible for a step increase after two semesters of employment with the same department at the department's discretion. A student's performance evaluation will be the tool used in the determination of a step increase.