

JOB DESCRIPTION – PERSONAL TRAINER

University and Campus Recreation Profile

Pikes Peak, America's Mountain as it is known, forms a breathtaking backdrop for the LEED Gold Certified UCCS Gallogly Recreation and Wellness Center, which opened its doors in January 2016. Campus Recreation facilities and programs serve more than 500 students and faculty/staff daily, while employing approximately 100 students every year. Campus Recreation professional staff committed to student development, diversity and sustainability, all while encouraging healthy lifestyles through extensive programs and services.

Campus Recreation's mission supports the UCCS mission by providing students and the campus community with diverse programs, outstanding facilities and educational experiences that support the development of a healthy mind, body and spirit. We enhance the campus experience through programs and services that focus on student development, promotion of a healthy lifestyle and provide opportunities for social interaction.

Job Responsibilities

- Execute fitness assessments based on the 5 components of fitness: body composition, cardiovascular endurance, muscular endurance, muscular strength and flexibility applying American College of Sports Medicine (ACSM) protocol
- Design individualized exercise programs for student and faculty/staff clients based on personal health and fitness goals, and a variety of ability and skill levels
- Track payroll, record participation data and complete program reports
- Attend and participate in continued education workshops and sessions
- Attend mandatory meetings once per month
- Assist with Campus Recreation and Fitness program special events
- Be aware of work schedule and check and respond to business emails
- Serve as a Campus Security Authority (CSA)
- Other duties as assigned

Required Qualifications

- Current personal trainer certification from nationally recognized organization, e.g. ACE, ACSM, NSCA, NASM
- Personal trainer must commit to 5-12 hrs/wk
- If applicant is not a full-time student at the university, must provide proof of personal liability insurance in the amount of \$1 million
- American Red Cross certified First Aid / CPR / AED. Or must obtain within 30 days of hire

Preferred Qualifications

- Previous paid experience as personal trainer highly preferred

Compensation

- This position should be at current student assistant level VI
- Performance based raises issued at the university and department's discretion