

Personal Trainer Job Description

UMass Campus Recreation

Personal Trainer

Position Descriptions/Qualifications/Application Procedure

Personal Trainers are an integral part of the Fitness and Wellness team within Campus Recreation. They help clients achieve their fitness and health goals through motivation and education. They are passionate about health and fitness, and through their work inspire and encourage others to develop healthy habits.

➤ General

- Educate clients and enforce policies regarding safe and proper use of equipment and facilities.
- Develop, document, and implement customized programs that match the needs and goals of the client
- Instruct clients on basic exercise physiology and proper technique
- Provide clients with exercise and general nutritional recommendations to meet their desired fitness goals
- Gather sufficient information on clients' health and fitness and goals
- Provide guidance for and structure to help client reach their intended goals
- Provide safe and effective spotting techniques to clients.
- Communicate maintenance, custodial, or security issues to appropriate building staff
- Maintain trainer folders, client files, track all sessions and follow guidelines for proper documentation
- Maintain cleanliness of personal training office, including organization of equipment and file cabinet
- Teach proper execution of personal training techniques and skills, such as fitness assessment movements, body composition measurement, blood pressure and heart rate measurements, as well as other practices
- Assist with special events
- Enforce facility and program policies
- Attend all required trainings and meetings (dates and times TBA)
- Other duties as assigned

➤ Minimum Qualifications

- Have previous experience advising clients
- Have current nationally recognized certification(s), including adult CPR/AED
- Must be able to work a minimum number of 2 hours/week
- Must be able to attend Fall and/or Spring Area Training
- Must adhere to Campus Recreation and University policies and procedures
- Must be reliable and dependable

➤ Preferred Qualifications

- Available to work during breaks and the summer

➤ Application Procedure

- Submit application and required documentation to Assistant Director Corbin Ross at corbin.ross@umass.edu.
- Qualified applicants will be contacted to schedule an interview