



CSU Bakersfield

Student Affairs

Student Recreation Center

Mail Stop: SRC 65
9001 Stockdale Highway
Bakersfield, California 93311-1022

(661) 654-4386
(661) 654-4329 FAX
www.csub.edu/reccenter

PERSONAL TRAINER

PURPOSE

SRC Personal Trainers are responsible for exercise advice and personalized training for clients on a one-on-one basis. The staff is responsible for developing a fitness program to meet the specific needs of the client and for ensuring that equipment is used appropriately and for the desired purpose.

SUPERVISORY DUTIES AND RESPONSIBILITIES

- Educate clients and enforce policies regarding safe and proper use of equipment and facilities.
- Familiarize clients with the safe and effective use of all cardiovascular, resistance, and free weight equipment.
- Develop and deliver personal training group workshops.

PROGRAMMATIC DUTIES AND RESPONSIBILITIES

- Develop, document, and implement one-on-one workout programs that match the needs and goals of clients.
- Instruct clients on basic exercise physiology and inform them as to proper lifting and exercise technique.
- Provide clients with exercise and nutritional recommendations to meet their desired fitness goals.
- Gather and maintain information on clients' fitness expectations and provide guidance for reaching those goals.
- Maintain client files per industry standards.
- Provide safe and effective spotting techniques to clients.
- Demonstrate on-going competence in providing one-on-one personal training services to clients.
- Respond to all injuries and assist in immediate first aid and proper emergency procedures.
- Regularly inspect equipment and report any safety or maintenance needs.
- Keep personal training areas organized, clean, and inviting.
- Communicate maintenance, custodial, or security issues to appropriate SRC personnel.
- Educate participants and student staff; adhere to, and enforce, all policies and procedures.
- Maintain familiarity with evacuation plans and assist during major emergencies.

ADMINISTRATIVE SUPPORT DUTIES AND RESPONSIBILITIES

- Provide support to the Director and Coordinators on specific projects as needed and assigned.
- Represent the SRC and CSUB in a professional manner and act as an SRC ambassador at all times.
- Serve as a role model to other student staff and participants.
- Provide positive public relations and policy education to participants.
- Attend and contribute to all mandatory staff meetings, workshops, and retreats.
- Provide a friendly, inclusive, service-oriented environment for all staff and participants.
- Demonstrate awareness of, and appreciation for, individual uniqueness and diversity.
- Maintain a positive relationship with staff and co-workers.
- Demonstrate commitment to student development and leadership.
- Maintain high standards and achieve high expectations.
- Maintain prompt hours and follow absence procedures.

QUALIFICATIONS

- Currently enrolled CSUB student with at least 8 undergraduate units and a minimum G.P.A. of 2.0, or graduate student with at least 4 graduate units and a minimum G.P.A. of 3.0.
- Extensive knowledge of exercise physiology and kinesiology, safe training procedures, exercise program implementation, and the proper use of cardiovascular, resistance, free weight, and related fitness equipment.

PLEASE TURN PAGE OVER FOR ADDITIONAL INFORMATION

- Certification in personal training by ACSM, NSCA, ACE, NASM or other nationally recognized organization.
- Previous experience in supervising and instructing individuals in a fitness environment.
- Certification in CPR/AED/First Aid through The American Heart Association or American Red Cross only. (Must be obtained within 30 days of hiring.)
- Demonstrated ability to be highly organized and possess strong planning skills.
- Genuine interest in a variety of individuals and commitment to providing quality service to diverse populations.
- Excellent oral and written communication skills.
- Willingness and ability to work early morning, night, weekend, finals, and quarter break hours.

CLASSIFICATION AND COMPENSATION

Student Assistant III - \$12.00 per hour. 10-15 hours per week.

APPLICATION PROCESS AND DEADLINE

Applications can be found at the Student Recreation Center Welcome Desk, or online at <http://www.csub.edu/reccenter/employment.shtml>. Included in the application is the "Tips for Applicants" sheet that will help prepare candidates for the selection process.

Completed applications are due on **mm/dd/yy by 5:00 p.m.** to the Student Recreation Center Welcome Desk.

