Job Summary:
Texas State Campus Recreation is seeking enthusiastic individuals to prescribe safe and effective workouts to a diverse population. The Personal Trainer is responsible for providing a positive workout experience through safe and effective fitness guidance and instruction to all clients served. This includes designing exercise programs for clients of all levels and abilities, providing modifications when necessary, and educating patrons on appropriate fitness principles and techniques. The Personal Trainer reports to the Fitness & Wellness Coordinator and Graduate Assistant.

Qualifications:
- Must hold & maintain a Personal Trainer certification through a nationally recognized organization (NASM, NSCA, ACE, ACSM, etc.) prior to employment
- Must hold & maintain CPR/AED & First Aid certification
- Must complete Blood Borne Pathogen Training & Student Worker Safety Training (within two weeks of hire)
- Must have strong knowledge of exercise physiology, anatomy, and kinesiology
- Must have knowledge in exercise programming and design as well as injury prevention and rehabilitation
- Must have full understanding of proper use of all fitness equipment and machines

Overall Duties & Responsibilities:
- Plan, prepare and lead safe and effective personal training sessions, fitness assessments and equipment orientations
- Actively promote personal training to acquire new clients and retain existing clientele
- Be knowledgeable of all emergency procedures and current with emergency response protocol
- Conduct fitness assessments and assist clients in establishing SMART fitness goals
- Develop safe and effective, client-specific exercise programs
- Ensure that a safe and healthy environment exists for exercising
- Maintain and update client paperwork on a daily and weekly basis
- Maintain organization of the personal training equipment and office space
- Maintain the qualifications, certifications, trainings, and continuing education credits required for position
- Promote and maintain a friendly, safe, and motivating training relationship with clients
- Promote positive behaviors that value health, physical ability, and life-long wellness
- Provide exceptional customer service by ensuring clients’ needs are met and by handling any complaints/concerns quickly and effectively
- Train at least two clients at all times unless prior arrangements have been made with Coordinator or Graduate Assistant

Please email Angie Isernio (aci10@txstate.edu) Fitness & Wellness Coordinator for more information