

### **Job Description – Personal Trainer**

#### **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 progressions/regressions when necessary, and educating patrons on appropriate fitness principles and techniques. Safety is the #1 priority. 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 Fitness & Wellness Coordinator or Graduate Assistant

**Please email Angie Isernio ([aci10@txstate.edu](mailto:aci10@txstate.edu)) Fitness & Wellness Coordinator for more information**