



DEPARTMENT: CAMPUS RECREATION
JOB TITLE: Personal Trainer
REPORTS TO: Fitness Programs Coordinator

Personal Trainer Responsibilities

- USU Personal Trainers are required to be professional certified and knowledge to design a safe and effective exercise program for our patrons.
- Ability to build clientele by establishing a rapport and administrating fitness assessments and safely conducting personal training sessions.
- Conducting Health & Fitness Consultations and assessment of form .
- Ensures accurate administration of client programs, measurement tracking and workout programs.
- Assists in all revenue generating activities, including but not limited to: complimentary workouts, and workshops (through Open Fitness Hours).
- Ability to sell the value and importance of personal training sessions to our members.
- Ability to adjust and operate all fitness equipment.
- Effectively communicate with people.
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Physical Requirements:

- Physical effort required for daily duties include lifting heavy weights, squatting, bending, reaching, spotting & prolonged standing and walking. Must be able to frequently lift and/or move up to 45+ pounds
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Required Certifications/Education

- Certification or working toward a certification from a Nationally Accredited Organization recognized by (NASM, NSCA, ACSM, NCSF, ACE, AFAA, NESTA, etc.)
- A degree in a fitness related field is preferred but not required

Desired Skills and Experience

- Personal Training experience preferred but not required.
- Organization skills and ability to maintain a neat presentation of the fitness floors
- Possess an enthusiastic, passionate, friendly and ambitious personality.
- Conduct fitness consultations and assessments.
- Monitoring and educating client during workout sessions.
- Ensure safe and effective use of equipment.
- Strong interpersonal and communication skills.
- Meeting active clients by managing time and meeting set schedules.