

Personal Trainer

Position Description

Personal trainers are responsible for educating and motivating clients while enforcing policies regarding safe and proper use of equipment. Students holding this position must be able to develop, document, and implement one-on-one workout programs that match the needs and goals of clients.

Position Responsibilities

- Provide instruction and education on the benefits of healthy living through exercise
- Plan, prepare and instruct safe and effective personal training sessions, fitness assessments and equipment orientations
- Instruct clients on and demonstrating proper lifting and exercise techniques
- Commitment to diversity and Monitor and document progress of clients' fitness levels
- Organization and upkeep of confidential client information and paperwork
- Maintain the scope of practice within the confines of their certification
- Maintain organization and sanitation of equipment
- Understand and enforce Rec Sports and area-specific policies and guidelines
- inclusion
- Promotion of personal training and other Rec Sports programs

Required Skills

- Knowledge of how to proper structure sessions and make adaptations to programs
- Strong time management and communication skills
- Awareness and practice of a trainer's limitations and scope of practice
- Available to work flexible hours

Qualifications

- Current UL Lafayette Student AND
- Not employed with any other UL Lafayette department AND
- Current nationally accredited Personal Training Certification OR
- Completion of the Rec Sports ACE Personal Training Prep Program and approval from the Fitness Coordinator or Graduate Assistant

Anticipated Schedule/Hours

HOURS OF OPERATION

- Sessions are scheduled based on trainer and client availability within the operating hours of Bourgeois Hall

TYPICAL SHIFT LENGTH

- Sessions are 1 hour in length
- Trainers are expected to arrive early to prepare and stay after to complete paperwork

How to Apply

Complete the [Rec Sports Student Employee Application](#) on the Rec Sports website.