

Job Title: Campus Recreation Internship- Fitness Instructor

Work Schedule: Monday - Sunday 7a-10p with occasional weekends

Hours per week: 10-12

Individuals must be able to commit at least 8 hours per week.

Supervisor: Assistant Director of Fitness and Wellness

### **General Statement of Duties**

Provide safe and effective workouts to music using the most current techniques. Assist in monitoring class enrollment and the setting up and storing of equipment.

### **Typical Responsibilities**

- Ensure the safety of all participants by using proper form and techniques learned in the training program prior to instructing
- Educate participants in the benefits of exercise and a healthy lifestyle
- Continue personal growth and knowledge by attending mandatory training workshops
- Aid in the monitoring of class enrollment
- Ensure the safe use of exercise apparatus
- Provide motivation and support for all participants
- Be available before and after class to answer participants' questions

### **Experience and Abilities**

- Must be a currently enrolled student
- Knowledge of the benefits of aerobic exercise
- Basic understanding of the cardiovascular system, anatomy, and kinesiology
- Participation in group exercise, and some experience in assisting or teaching
- Moderate to high personal fitness level
- Strong interpersonal and communication skills
- Diversity in instruction: low impact, high impact, step, slide, resistance training, dance fitness, bootcamp, aqua, barre, mind/body, indoor cycling, etc. (preferred)

### **Environmental Conditions**

- Lifting equipment
- Common muscle strains and sprains associated with exercise and activity
- Exposure to loud music
- Aqua instructors exposed to pool chemical

### **Training**

- Mandatory staff training workshop prior to instructing classes
- Semester workshops/meetings
- Certification preparation
- Fitness Instructor Training (in house 20 hours – preferred)
- Two week in class training mentored by senior instructors

### **Pay Scale**

- \$8.00-13.00/hr

### **Learning Outcomes**

1. Develop, execute, and lead a safe, effective, and inclusive fitness class experience
2. Motivate and communicate with a diverse group of people with a variety of fitness backgrounds and needs, and adapt as needed
3. Develop, execute, and lead two different fitness class formats utilizing a variety of equipment