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