

YOUNGSTOWN STATE UNIVERSITY
POSITION DESCRIPTION
STUDENT GROUP FITNESS INSTRUCTOR I
CAMPUS RECREATION AND STUDENT PROGRAMMING
ANDREWS STUDENT RECREATION AND WELLNESS CENTER

Position Title: Student Group Fitness Instructor/Personal Trainer I

Position Description: Responsible for leading students and members of all ages, backgrounds and fitness capabilities through safe, effective and motivating sessions. Duties Include, but are not limited to: Obtain and maintain current First Aid, CPR, and other applicable certifications. Design safe and effective physical activity programs for individuals and groups of all ages utilizing goal setting, exercise science principles, and safety guidelines. Promote a lifelong commitment to health and fitness. Personal trainers should have a goal of producing independent exercisers by providing them with in-depth information on equipment usage and lifestyle management. Demonstrate expertise in the desired area of instruction and adhere to all codes and procedures within the recognized scope of practice for each discipline. Inform the Fitness & Wellness Coordinator of your schedule and availability for each semester. Operate the stereo and microphone properly. Keep inventory and maintain personal training, group exercise, instructional and spinning equipment. Maintain on-going communication by checking and responding to e-mail messages and mailbox contents, attend group trainings and meetings as assigned. Take an active role in Group Exercise, Spinning and other Fitness and Wellness events. Conduct 1-2 peer evaluations per semester. Perform daily class announcements & promote other activities sponsored by the Department of Campus Recreation and Student Programming.

Minimum Requirements: Instructor I requires a Nationally recognized certification and the ability to teach one class format.

YSU student enrolled for a minimum of 6 credit hours, enthusiastic and willing to help others. Auditions are required.

In addition, all instructors are required to obtain and maintain current First Aid and CPR certifications. Other qualifications vary by the type of instruction.

Reports To: Group Fitness Student Intern.

Salary: \$7.40 per class

Contact: Campus Recreation and Student Programming Control Desk at 330-941-3488 or Andrews for an application.

Funding Status: Work Study – Yes
Wages – Yes Both – Yes

Please turn in an application, cover letter and resume to:
Department of Campus Recreation-
Andrews Student Recreation and Wellness Center
Youngstown State University
One University Plaza
Youngstown, Ohio 44555
(330) 941-2240 (Main Office-Reception)



Andrews
student recreation & wellness center