

Personal Trainer Position Description

Title: Personal Trainer

Reports To: Assistant Director of Fitness Programs

Primary Function: To provide one-on-one fitness instruction to people desiring a program tailored to their specific needs.

Requirements:

- Possess a current personal training certification from a nationally recognized certifying body (AFAA, ACE, ACSM, NASM, or NSCA/CSCS preferred).*
- Maintain current American Red Cross CPR/AED and First Aid for the Professional Rescuer certifications.
- Be a currently-enrolled FGCU student.
- Demonstrate effective communication and organizational skills.
- Maintain a clean and safe workout environment.
- Act in a professional manner and respect clientele at all times.

Major Job Responsibilities/Expectations:

- Must contact clients within 24 hours to schedule initial consultation/ fitness assessment.
- Communicate the most effective format of contacting one another and exchange contact information.
- Work with the client to establish realistic yet challenging goals.
- Determine format and content of exercise/activity program based on individual client needs.
- Plan and implement individualized exercise/activity programs for clients in general fitness, and/or specialized areas such as aerobics, stretching/flexibility training, circuit training, or sports performance.
- Independently demonstrate and instruct clients on proper technique in standard and specialized exercise areas.
- Perform follow-up assessments upon request to track client progress.
- Maintain complete and accurate client files.
- Ensure client adherence to safety and injury prevention techniques.
- Arrive on time for all sessions; at least 15 minutes prior to training sessions.
- Present a neat, well-groomed, professional appearance.
- Execute emergency procedures when necessary.
- Report any incident of injury, theft, or broken equipment to the Facility Manager on duty.
- Attend scheduled staff meetings and trainings.
- Communicate effectively with the Assistant Director, Fitness Program Assistant, and fellow peers
- Pay Scale \$8.25 - \$13.00