



**Department:** Campus Recreation

**Job Title:** Personal Trainer

**Summary:**

Personal Trainers within Campus Recreation are fitness professionals that possess the knowledge, skills and abilities to demonstrate safe and effective exercise and fitness program design. Trainers provide instruction, motivation, and accountability for the purpose of reaching the personal health and fitness goals of their clients. The position of Personal Trainer requires an enthusiastic attitude, attention to detail and the ability to adapt workout regiments around pre-existing medical conditions.

**Essential Functions:**

- Provide quality customer service to all individuals including faculty, staff and students
- Positively represent Campus Recreation and Wake Forest University
- Ability to uphold and clearly communicate facility and university rules and regulations; apply safe practices, hold users accountable
- Attend staff meetings and required monthly trainings
- Coordinate training scheduling with clients
- Perform all training in uniform and nametag
- Provide consultation services for clients to identify goals, medical conditions, training needs or preferences; verify payment of fees prior to any training session
- Clean and organize Personal Training equipment after use

**Required Knowledge, Skills, Abilities:**

- Current student of Wake Forest University
- Must be current or obtain First Aid/CPR/AED Certification
- Successful completion of a nationally recognized Personal Trainer Certification. Must also maintain said certification in accordance to the varied guidelines set forth by the certification provider.
- Completion of 20+-hour hands on training designed to supplement the knowledge and skills obtained via certification.

**Preferred Knowledge, Skills, Abilities:**

- Excellent communication, time management, and organizational skills.
- Energetic and outgoing personality
- Ability to multi-task and work independently
- Reliable, trustworthy and punctual
- Previous exercise and fitness experience preferred

**Compensation/Incentives:**

Within the Department of Campus Recreation there are opportunities to assume additional responsibilities and promotion. All employees are eligible for met-based pay increase and performance-based incentives.

**Note:**

This position profile identifies the key responsibilities and expectations for performance. It cannot encompass all specific job tasks that an employee may be required to perform. Employees are required to follow any other job-related instructions and perform job-related duties as may be reasonably assigned by his/her supervisor.

***Campus Recreation seeks to recruit and retain a diverse workforce, and encourages qualified candidates across all group demographics to apply.***