



Department: Campus Recreation

Job Title: Fitness Ambassador

Reports to: Assistant Director of Fitness

Compensation: \$10.00/hour

Summary:

The Department of Campus Recreation provides opportunities for the social and physical development through aquatics, facilities operations, fitness, intramural sports, outdoor recreation, and sport clubs. Fitness Ambassadors are entry-level fitness professionals that will assist in the facilitation of Group Fitness Class and Special events and work proactively with other staff members to maintain a safe and welcoming environment for new participants. Optionally, Fitness Ambassadors can choose a development pathway in Personal Training or Group Fitness in which they will learn about fitness related topics, such as programming, assessment, special population clients, and coaching. Ambassadors are expected to fulfill the continued education expectations if they want to stay on staff in certified roles.

Acquired Knowledge, Skills & Experience:

At the conclusion of this position, the Fitness Ambassador should demonstrate the following competencies:

- Communication: Able to transmit information both verbally and nonverbally clearly and effectively by practicing active listening
- Leadership: Acknowledge teammates' successes and encourages others to "step-up" when presented with opportunities; lead other in an effective way that allows the completion of a shared goal
- Professionalism: Act with integrity and empathy as it relates to modeling and guiding others to follow the policies of the university and department

Essential Functions:

- Serve as a liaison between fitness programs and respective residence halls
- Work closely with Fitness Professional Staff to to maintain and keep up-to-date information about Group Fitness programs available to students through their communication channels
- Create and manage fitness first year hall participation through direct contact with interested students
- Positively represent Campus Recreation and Wake Forest University
- Assist with Fitness specific events (Group Fitness Classes, Pop-up Classes, Special Events)
- Attend staff meetings and required monthly training
- Advocate healthy participation opportunities for Wake Forest Community

Required Knowledge, Skills, Abilities:

- Interest or experience in fitness
- Verbal and written communication skills
- Ability to work independently and reliably
- Demonstrate effective interpersonal communication skills

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 the employee's supervisor.

Wake Forest seeks to recruit and retain a diverse workforce and encourages qualified candidates across all group demographics to apply. Wake Forest University is committed to providing access and reasonable accommodation in employment for individuals with disabilities.