



PERSONAL TRAINER

Job Title: Personal Trainer

Job Code: 3-04

Date: 2nd September 2019

Job Level: n/a

Revised: 12 Sep 09

Pay Target: Part-Time, Non-Exempt

Supervisory Responsibility: Yes

General Description of the Job:

Develop and implement an individualized approach to exercise leadership in healthy populations and/or those individuals with medical clearance to exercise.

Duties and Responsibilities:

1. Screen and interview potential clients to determine their readiness for exercise and physical activity.
2. Perform appropriate fitness assessments on clients to determine their current level of fitness.
3. Help clients set realistic goals and provide motivation for adherence to the program.
4. Develop exercise prescriptions for clients to follow. Modify programs as necessary, based on progression and goals.
5. Demonstrate and instruct specific techniques to clients for the safe and effective performance of various exercise movements.
6. Supervise (spot) clients when they are performing exercise movements.
7. Maintain records of clients' progress with respect to the exercise prescription.
8. Maintain safety standards in designated areas.
9. Assist members with appropriate equipment orientation.
10. Assist with the promotion of all fitness programming, including personal training.

Physical Requirements and Demands:

Fitness levels necessary for personal fitness training to include an appropriate level of:

1. Muscular strength & endurance
2. Cardiorespiratory endurance
3. Flexibility
4. Body composition

Required Qualifications:

Education: 4-year degree in fitness or health-related field from an accredited college or university recommended; 2 years of college education in the field recommended.

Experience: Minimum of 6 months experience working as a fitness instructor or personal trainer preferred.

Degrees, Licensure, and/or Certification: Fitness Instructor or Personal Trainer certification from a nationally recognized and accredited certifying organization required, such as ACSM, NSCA, or ACE.

Knowledge, Skills, and Abilities: Demonstrate knowledge of exercise science, kinesiology, functional anatomy, exercise Skills, and physiology, nutrition, injury prevention, risk-factor and health- status identification, exercise prescription, and psychology.

Demonstrate ability to synthesize knowledge and skills through delivery of suitable services designed to achieve desired outcomes for improved function and lifestyle behaviors among clients.

The intent of this job description is to provide a representative and level of the types of duties and responsibilities that will be required of positions given this title and shall not be construed as a declaration of the total of the specific duties and responsibilities of any particular position. Employees may be directed to perform job-related tasks other than those specifically presented in this description.

First Name:

Last Name:

Employee Signature:

Date:
