Personal Trainer

Fitness, Wellness, and Recreation Department
Eccles HWAC, 10-33341

Laura Stusek, Assistant Director of FWRD
HWAC 218
801.832.2863 (ph)
801.832.3116 (fax)
lstusek@westminstercollege.edu

Other Timesheet Designee(s): Traci Siriprathane, Director FWRD

SUMMARY JOB DESCRIPTION (SUMMARY STATEMENT OF THE JOB)

The role of the Personal Trainer is to provide quality personal training services to our members to help them reach and maintain their goals of physical and mental wellness. Responsibilities in this area include: performing standardized fitness tests/assessments on member clients, following-up with evaluations and counseling, prescribing and implementing comprehensive exercise programs specific to the client's individual needs and goals while staying within the Personal Trainer's scope of practice. Personal Trainers will also be actively involved in our ongoing marketing process to continually improve our services and clientele.

1) Essential Job Duties and Responsibilities

- Create fun, creative, and professional environment for members
- Continue to gain and maintain knowledge in the fitness industry
- Respond to any emergency situations and provide the necessary care
- Note any working relationships
  - Personal Trainers are part of the FWRD Team which includes multiple student employee positions.
- Personal Trainers will be responsible for their own schedule and scheduling clients when they are available to train.

2) Qualifications Required/Preferred

- Certification from a Nationally recognized organization (ACE, NSCA, NASM, ACSM)
- Excellent Customer Service
- Excellent Communication Skills both verbal and nonverbal
- Attention to detail
- Responsible and professional in nature
- Comprehensive understanding of programs offered through the Fitness, Wellness, and Recreation Department
- Positive and friendly spirit
- CPR/AED/First Aid certification is required 30 days of hire.