

Personal Trainer

Job Summary: Work with students, faculty and staff to design individualized exercise programs based on current fitness level and personal goals. Staff must have the ability to accommodate clients of different ages, medical conditions and experience levels. Provide instruction on proper exercise technique, conduct fitness assessments and develop safe and effective exercise programs targeting client goals.

Level I Personal Trainer

Requirements

- Must maintain a cumulative 2.0 GPA
- CPR/AED Standard First Aid certification required within 60 days of hire
- Superior knowledge and understanding of resistance training principles and techniques
- Thorough understanding of cardiovascular exercise modalities and proper equipment usage
- Thorough knowledge of anatomy and physiology as well as contraindicated exercises
- Be capable of leading and demonstrating safe and effective exercises
- Current nationally accredited certification (ACE, ACSM, NSCA, NASM)

Responsibilities

- Must demonstrate leadership, communication and customer service skills and the ability to work with staff, students and members of various fitness levels
- Recruit clients and promote the personal training program at Longwood University
- Arrive on time and prepared to all sessions
- Dress appropriately to work with your client (Personal Trainer issued shirt must be worn)
- Conduct advanced fitness assessments based on the 5 components of fitness: body composition, cardiovascular endurance, muscular endurance, muscular strength and flexibility
- Provide safe and proper instruction
- Develop and implement individualized programs for clients based on personal health and fitness goals
- Maintain regular contact with clients and track progress
- Teach small group training classes applying specialized training (strength and conditioning, sport specific, TRX, agility)
- Be able to effectively communicate with clients regarding lifestyle modification
- Have an energetic, creative and motivating personality
- Must practice and promote healthy behaviors (Lead by example)
- Assist in promoting and implementing other fitness and wellness related programming
- Attend and actively participate in all staff meetings and training sessions
- Continually increase knowledge and keep up to date with trends in the fitness industry
- The ability to use mature judgment in an emergency
- Handle any other duties as assigned by the administrative staff and/or student supervisor

Compensation

\$16.50/hour for personal training sessions and small group sessions

\$11.00/hour for meetings, event staffing, and other duties as assigned

Level II Personal Trainer

Requirements

- Must maintain a cumulative 2.0 GPA
- CPR/AED Standard First Aid certification required within 60 days of hire
- Knowledge and understanding of resistance training principles and techniques
- Understanding of cardiovascular exercise modalities and proper equipment usage
- Knowledge of anatomy and physiology as well as contraindicated exercises
- Be capable of leading and demonstrating safe and effective exercises
- Must be a current HARK student at Longwood University

Responsibilities

- Must demonstrate leadership, communication and customer service skills and the ability to work with staff, students and members of various fitness levels
- Recruit clients and promote the personal training program at Longwood University
- Arrive on time and prepared to all sessions
- Dress appropriately to work with your client (Personal Trainer issued shirt must be worn)
- Conduct fitness assessments based on the 5 components of fitness: body composition, cardiovascular endurance, muscular endurance, muscular strength and flexibility
- Provide safe and proper instruction
- Develop and implement individualized programs for clients based on personal health and fitness goals
- Maintain regular contact with clients and track progress
- Teach multiple small group training classes applying specialized training (strength and conditioning, sport specific, TRX, agility)
- Be able to effectively communicate with clients regarding lifestyle modification
- Have an energetic, creative and motivating personality
- Must practice and promote healthy behaviors (Lead by example)
- Assist in promoting and implementing other fitness and wellness related programming
- Attend and actively participate in all staff meetings and training sessions
- Continually increase knowledge and keep up to date with trends in the fitness industry
- The ability to use mature judgment in an emergency
- Handle any other duties as assigned by the administrative staff and/or student supervisor

Compensation

\$11.50/hour for personal training sessions and small group sessions

\$11.00/hour for meetings, event staffing, and other duties as assigned