



JOB TITLE: Personal Trainer  
DEPARTMENT: Utah State University Campus Recreation  
REPORTS TO: Coordinator of Fitness & Wellness

### Job Summary

Personal trainers work with a variety of clients to develop safe, effective, and fun exercise programs that assist them in reaching their goals. The position will mainly focus on recruiting, retaining, training, and assessing clients.

### Job Duties

- Be professional, certified, and able to design safe and effective exercise programs
- Ability to build clientele by establishing rapport with students, faculty, staff, and community members
- Train a minimum of two hours per week after 3 weeks of hire
- Conduct initial consultations and perform a variety of fitness assessments
- Ensure accurate administration of client programs, measurement tracking, and workout programs
- Assist in all revenue-generating activities
- Sell the value and importance of personal training sessions to our members
- Operate and adjust all fitness equipment
- Attend monthly staff meetings, complete monthly staff training modules, and additional meetings when necessary
- Monitor and educate clients during workout sessions
- Set schedules to meet with active clients
- Possess an enthusiastic, passionate, and ambitious personality
- Follow all policies and procedures outlined in the fitness policy manual
- This position description indicates the general nature and level of work performed by employees within this classification. It is not designed to contain or be interpreted as a comprehensive list of all duties, responsibilities, and qualifications required of employees assigned to the position.

### Physical Requirements

- Physical effort required for daily duties includes lifting heavy weights, squatting, bending, reaching, spotting & prolonged standing, and walking
- Must be able to frequently lift and/or move up to 45+ pounds

### Required Qualifications

- Certification from a Nationally Accredited Organization recognized by (NASM, NSCA, ACSM, NCSF, ACE, AFAA, NESTA, etc.)



- CPR/AED and First Aid certification
- USU student or spouse of USU student

### Preferred Qualifications

- A degree in a fitness-related field
- Prior personal training experience

### Position Details

- The position reports to the Coordinator of Fitness & Wellness
- Hourly wage starts at \$11/hour
- Employees can expect to work a minimum of 20 hours per week

### About Campus Recreation

The Department of Campus Recreation at Utah State University is housed in the Division of Student Affairs and is one of the most dynamic growing departments on campus. Campus Recreation provides wellness and healthy lifestyle-oriented programs, events, and services to Utah State University students and employees via five program areas: Aquatics, Fitness, Club Sports, Intramurals, Outdoor Recreation. Facility operations supplement the program area functions and provide seamless customer service to USU students, employees, and the community. Campus Recreation creates opportunities for students to enhance the college experience through play, wellness, and adventure. To learn more about Campus Recreation, visit our website at [campusrec.usu.edu](https://campusrec.usu.edu).