



ELON
UNIVERSITY

Campus
Recreation
& Wellness

Student Position Description

JOB TITLE: Personal Trainer

REPORTS TO: Personal Training Team Leader

HOURLY PAY RATE: Tier I – starts at \$13/hour

STIPEND RATE: Stipend for training clients: \$22/session

CAMPUS RECREATION & WELLNESS MISSION STATEMENT:

Campus Recreation & Wellness contributes to the holistic well-being of students, faculty, and staff by providing access to recreational and educational experiences fostering a sense of community and belonging, and empowering individuals to cultivate positive wellness values and behaviors that last throughout and beyond their time at Elon.

SUMMARY OF POSITION:

Personal Trainers execute consultations and individual/group sessions for students, faculty, and staff.

LEARNING PRACTICES:

Through employment in Campus Recreation & Wellness, the personal trainer will:

- Develop transferrable skills such as teamwork, communication, time management, organization, conflict resolution, critical thinking, and decision-making.
- Be able to implement individual and group training plans
- Be able to articulate the value of recreation & wellness in the overall college student experience.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Plan and execute personal/group training sessions.
- Work assigned fitness floor shifts to provide workout advice/feedback to facility patrons and raise awareness for the personal training program.
- Responsible for participant safety, proper activity technique and exercise level
- Perform daily equipment cleaning and inventory checks and maintain client records.
- Participate in semesterly mentor/mentee program
- Maintain a working knowledge of all Campus Recreation & Wellness program and services
- Foster strong partnerships with other staff members of Campus Recreation & Wellness
- Attend all Personal Training team meetings and trainings.
- Other duties and projects as assigned

MINIMUM QUALIFICATIONS:

- American Red Cross CPR, First Aid, and AED certification (classes offered through Campus Recreation & Wellness if hired by department)
- Current certification through a nationally recognized governing body (NASM, ACE, ACSM, NSCA, ISSA etc.) OR participate in an 8-week in house program with Elon Personal Trainers and passing PT certification by the end of the semester staff is hired

EQUAL EMPLOYMENT OPPORTUNITY:

Elon University does not discriminate on the basis of age, race, color, creed, sex, national or ethnic origin, disability, sexual orientation, gender identity, or veteran's status in the recruitment and admission of students, the recruitment and employment of faculty and staff, or the operation of any of its programs.

