

approved

STUDENT LABOR POSITION DESCRIPTION

Seabury Center

Most Recently Updated 04/14/99

Position Title: Personal Trainer, Seabury Center
Must work 12 hrs/wk.

I. Grade Level: 3-4

II. Description:

A. The following are essential duties for this position:

1. Be present with client during workouts.
2. Provide technical assistance to clients performing workouts.
3. Answer theory-related questions of clients as they arise.
4. Provide support and encouragement to clients as needed.
5. Ensure a safe and risk-free workout environment for clients.
6. Respond to emergency situations in accordance with accepted practices.
7. Perform other job-related duties as assigned.

B. The following are *possible additional* duties for this position:

1. Explain the use of exercise equipment.
2. Ensure that exercise equipment is in good working order.
3. Provide help as a spotter where required.
4. See that the workplace and environs are clean.

III. Learning Opportunities:

- A.** If grade 3, develop the attributes appropriate to Grade 3 positions: an understanding of the importance of initiative; awareness of job-related needs; ability to identify problems; analytical ability; problem-solving ability; and an understanding of the role of standards and leaders.
- B.** If grade 4, develop the attributes appropriate to Grade 4 positions: an understanding of relations between individuals, institutions, and processes; comprehension of job-related values, realities, and goals; a commitment to service; and the ability to articulate and interpret observations, experiences, and understanding.
- C.** How to work with clients in a fitness environment.
- D.** Learn how to apply exercise physiology principles in a practical setting.

IV. Basic Qualifications:

- A.** General: good (verbal) communication skills.
- B.** Skill: ability to explain and demonstrate the operation of exercise equipment.
- C.** Physical: ability to assist clients in the performance of their workouts.

D. Academic: an understanding of exercise prescription theory.

V. Desirable Qualifications:

A. A willingness to help others achieve a higher level of physical fitness.

B. Dependability - the ability to set and stick to schedules.

C. CPR, Adult.

D. First Aid, Adult.

VI. Narrative Summary:

Student worked with clients during workouts, providing assistance, support, encouragement, and answering questions as needed; student provided safe, risk-free workout environment, and responded to emergency situations. Student may also have explained use of equipment, ensured equipment was in good order, and helped clients as a spotter as needed.