Personal Trainer Job Description

Description:

Required to have current, nationally recognized Personal Trainer certification from one of the following organizations: American College of Sports Medicine (ACSM), American Council on Exercise (ACE), Aerobics and Fitness Association of America (AFAA), National Strength and Conditioning Association (NSCA), International Sports Science Association (ISSA), and Certified Strength and Conditioning Specialist (CSCS). Any other certification is subject to the Fitness Coordinators approval. In addition, all personal trainers are required to be currently certified in CPR and First Aid.

Responsibilities:

- Maintain current Personal training, CPR, and First Aid certifications.
- Capable of interpreting and explaining fitness assessments (body composition, cardiovascular fitness, muscular & endurance and flexibility).
- Use Fitness Assessment results to discuss goals and develop training program for clients.
- Adhere to ACSM standards and guidelines to design program.
- Contact new clients to set up initial meeting and training sessions.
- Maintain all individual records including sessions purchased and remaining sessions.
- Serve as a role model and maintain a professional attitude to all patrons and co-workers on and off duty.
- Attend all mandatory full staff and specific area meeting.
- Take active role in all Fitness and Wellness special events and promotion activities.
- Other duties assigned.