



## Campus Recreation

Fitness

### Personal Trainer Job Description

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#### Position Overview:

- Personal trainers are responsible for creating safe and effective fitness programs for clients based on their goals and assessment results.

#### Position Responsibilities:

- Prepare and conduct safe and effective, personalized training sessions for clientele
- Demonstrate correct form/technique and verbal cues
- Administer fitness assessments based on clients history and goals
- Abide by all policies of the Fitness Center during training sessions
- Be attentive to and report equipment issues to Fitness Floor Staff and/or Assistant Director-Fitness
- Provide and uphold exceptional customer service
- Enhance knowledge through continuing education
- Attend all staff meetings and trainings

#### Qualifications:

- Possess and maintain a nationally recognized Personal Training certification (ACE, NASM, NSCA, ACSM, AFFA, NETA or similar)
- Must be certified in American Red Cross CPR for the Professional Rescuer and Healthcare Provider/AED and First Aid within 30 days of employment
- Ability to lift minimum of 50 lbs and stand for extended periods
- Applicants are expected to be personable, organized, self-motivated and team oriented

**Supervisor:** Assistant Director, Fitness

**Contact Person:** Assistant Director, Employee Experience

**E-mail:** CRSEmployment@towson.edu