APPALACHIAN STATE UNIVERSITY
University Recreation (UREC)
Personal Trainer

The UREC **Personal Trainer** is responsible for delivering educational and tailored exercise experiences to a diverse population of students, faculty, and staff. Personal trainers work with members of various fitness backgrounds to provide fitness consultations, assessments, and safe customized programming designed to meet their goals. Personal trainers work to assist our members in setting and achieving fitness goals through scientifically backed approaches of behavior change and exercise science. This is a leadership position that requires an individual who is dedicated to moving our members toward greater health and well-being.

Supervisor: This position reports directly to **the Graduate Assistant of Fitness.**
Hours: Personal Trainer weekly hours are flexible and vary based on schedule and member requests.
Salary: $12.25 per hour.

You will succeed at UREC if you are committed to:

- Exploring to find the best of you
- Bringing your positive and constructive attitude
- Connecting with others
- Being a team player
- Embracing and inspiring a vibrant, active, and healthy community
- Working in a flexible schedule that may require some evenings, weekends, and designated holidays

Join our team

Appalachian State University (App State) invites interested applicants for the position of **Personal Trainer** to become a part of the UREC team as we facilitate an environment where recreation and wellness opportunities transform, engage, and care for the App State community.

Who we are

UREC fosters healthy lifestyles for lifelong wellbeing. You will join a UREC team that is creating an exciting environment, values collaboration, innovation, and is welcoming to all App State students, faculty and staff. At UREC we believe in a community with opportunities for everyone, with everyone. Learn more about us from our website.

Responsibilities include, but are not limited to:

- Perform, interpret, and explain fitness assessments.
- Abide by and uphold all facility and program policies.
- Program customized personal training sessions with the member's fitness goals at the forefront of the planning.
- Effectively and professionally communicate and collaborate with supervisors, and members across multiple platforms (email, text, phone etc.) in a timely manner.
- Adhere to scientifically backed exercise science practices and principles issued through a nationally accredited certifying organization (ACSM, NASM, ACE, etc.).
- Quickly build positive rapport with members.
- Maintain strict confidentiality of all member records.
- Remain in the scope of practice of a personal trainer.
- Maintain a copy of all member records and workout programs.
- Consistently ensure UREC training calendars and databases are updated with all tracked member sessions.
- Positively communicate services through participation in special events and/or team tabling efforts.
- Provide exceptional care and service to all members.
- Appropriately communicate University Recreation policies and procedures.
- Appropriately refer to campus partners as needed.
- Communicate efficiently and professionally with other members of the Fitness team.

Required qualifications:

- CPR/AED, First Aid Certification, or ability to obtain within 21 days of first day of employment (UREC will provide this training upon hire).
- Hold a Personal Training certification from a nationally accredited organization such as ACSM, NASM, AFAA, ACE, or similar institutions.
- Dedication to University Recreation and a desire to support its Mission, Vision and Values.

We are committed to facilitating your learning journey and creating unique opportunities for your career and self development. We encourage experiences at UREC to correlate with the NACE Competencies established through the National Association of Colleges and Employers.

How to apply:

- To apply for positions, please visit our website.
- For questions, please call (828) 262-6310 or email Logan Reynolds, Assistant Director of Fitness & Communications at reynoldsla1@appstate.edu.

Please be aware that to be eligible for student employment with UREC, you must be a current student enrolled at Appalachian State University and in good academic standing.

* This position is available for Federal Work Study *

Office of Disability Resources Accommodations: The Disability Resources (ODR) unit of Access & Opportunity is the designated office at Appalachian State University for promoting opportunity, access, and civil rights based on a disability. ODR oversees access needs, applicable University resources/supports, and eligibility of appropriate accommodations (adjustments, auxiliary aids/services and reasonable modifications) based on disability for students and visitors. ODR is also responsible for oversight of accessibility of programs, services and activities; disability compliance requirements; and the facilitation of removing existing disability-related barriers within the built environment. Individuals needing reasonable accommodations should contact the Office of Disability Resources (828) 262-3056 or odr.appstate.edu.

EEO Statement: Appalachian State University is an Equal Opportunity Employer. The University does not discriminate in access to its educational programs and activities, or with respect to hiring or the terms and conditions of employment, on the basis of race, color, national origin, religion, sex, gender identity and expression, political affiliation, age, disability, veteran status, genetic information or sexual orientation.