PERSONAL TRAINER

Summary of Position: Personal Trainers are responsible for assessing and coaching individuals throughout personalized workout programs based on predetermined goals.

Qualifications: Certified Personal Trainer (NASM, CSCS, ACSM, ACE, etc)
Expected Hours: 1-10 hours per week
Rate of Pay: $13-$15/hour

Supervisor: Margaret Rodgers – Coordinator of Fitness

Duties and Responsibilities:
- Provide safe, fun, motivating sessions with a variety of clientele
- Coach clients through goal making sessions and use appropriate assessments
- Design and implement appropriate programs based on goals and assessments
- Coach clients through pre planned program through auditory, kinesthetic, and visual cues
- Report any maintenance concerns with equipment or spaces
- Must be able to commit to clients for entirety of their purchased session package

Certifications and Trainings: Training for the NASM Personal Training certification during the academic year if not already certified.
- Must be able to attend department-wide and program specific trainings provided at the beginning of each semester
- Must maintain current certifications for first aid, CPR and AED
- Must maintain fitness certifications

Typical Hiring Timeline: Applications to join the Personal Training team are accepted at any time during the year.

About Campus Recreation: Campus Recreation at the University of New Hampshire strives to provide extraordinary recreational programs and services that enhance a healthy lifestyle for thousands of participants. UNH Campus Recreation relies upon 250 student staff members to ensure that every participant has a positive and safe experience. The goal of employment with UNH Campus Recreation is that student employees have a developmental work experience that provides staff with skills that can be carried into their professional careers.

UNH Human Resources: The University System of New Hampshire is an Equal Opportunity/Equal Access/Affirmative Action employer. The University System is committed to creating an environment that values and supports diversity and inclusiveness across our campus communities and encourages applications from qualified individuals who will help us achieve this mission. The University System prohibits discrimination on the basis of race, color, religion, sex, age, national origin, sexual orientation, gender identity or expression, disability, veteran status, or marital status. Application by members of all underrepresented groups is encouraged. Hiring is contingent upon eligibility to work in the U.S.