



PERSONAL TRAINER

Job Summary and Employee Expectations

Personal Trainers will develop personalized, safe, and effective exercise programs for students, faculty, and staff of various fitness levels at Clemson University. Trainers will conduct and assess health and fitness screenings, as well as provide safe and effective instruction in cardiovascular and weight training equipment. Upholding facility policies and procedures and providing quality equipment orientation is also expected. **Personal Trainers must hold a current national certification from an accredited fitness organization (ACSM, ACE, NSCA, or NASM), obtain lay responder or higher CPR, AED, and First-Aid certifications within 30 days of hire. Personal Trainers must be knowledgeable and have the ability to demonstrate proper form when using free weights, plate-loaded and selectorized machines in the fitness centers.**



Job Responsibilities

- Develop, document, and implement customized programs that match the needs and goals of the client through 1:1, Buddy Training or Small Group Training sessions using NASM, ACSM, NSCA, ACE or other approved guidelines.
- Ensure the safety and appropriateness of exercises selected for individual workouts and provide effective Small Group Training for all fitness levels and abilities.
- Maintain organized trainer folders, client files, track all sessions and follow guidelines for proper documentation.
- Recommend classes, equipment, and activity to clients to include in their program on non-session days.
- Teach proper execution of form and exercise technique to clients within sessions.
- Provide modifications of exercises based upon the client's level of fitness and personal goals.
- All personal trainers will be assigned up to 3 clients at a time. Exceptions may be discussed with Anna.
- Recognize and respond effectively in emergencies in accordance with facility emergency action plans.
- Arrive for all sessions 15-minutes prior to start of the session prepared and focused to deliver effective job expectations.
- Assist with special events within Fitness and Wellness, as well as the Campus Recreation department
- Possess a positive and motivating attitude towards job duties, Campus Recreation, supervisors, and co-workers.
- Attend and participate in all trainings, in-services and meetings within Fitness and Wellness and department wide, including Fall Kick Off
- Earn all necessary Continuing Education Credits (CEC's or CEU's) to maintain national certification status
- Be receptive to professional and personal development
- Balance time commitments and be able to recognize limitations and work to improve
- Function as a contributing member of the Campus Recreation team
- Complete additional duties as assigned by supervisor