OwlFit Personal Trainer

MAIN PURPOSE OF THE JOB
Deliver personal training services to Department of Sports and Recreation patrons using the recommended methods of nationally-recognized certifying agencies.

PRIMARY RESPONSIBILITIES OF THE JOB (TASKS PERFORMED REGULARLY)
- Must be a student of Kennesaw State University. Exceptions must be approved by the Fitness Coordinator.
- Demonstrate knowledge of exercise principles, kinesiology, and biomechanics.
- Educate participants on proper and safe exercise form, including exercise modification.
- Design personalized fitness programs in strength, cardiovascular, and flexibility.
- Conduct fitness assessments to aid in goal setting and tracking progress to keep participants motivated.
- Motivate, lead, and guide participants to an effective workout with enthusiasm.
- Demonstrate first aid safety, CPR, AED, and emergency action plan knowledge.
- Maintain client records and adhere to strict confidential ethical practices.
- Provide excellent customer service.
- Adhere to dress code for employees.
- Maintain consistent communication through WhentoWork, email, phone, and/ or other means as required by supervisor. Must check email at least once a day and respond to time-sensitive materials within 48 hours.
- Promote the mission of the Department of Sports and Recreation.
- Keep all certifications up-to-date, including: CPR/AED & First Aid and Personal Training Certifications.

ADDITIONAL RESPONSIBILITIES (TASKS PERFORMED OCCASIONALLY)
- Attend monthly personal trainer meetings.
- Participate in OwlFit special events and/or programs.
- Assist with equipment cleaning and inspection.
- Mentor new personal trainers and complete peer evaluations.
- Assist with fitness workshops and certifications hosted by OwlFit.
- All other duties assigned by supervisor.

BASIC QUALIFICATIONS
- Possess and maintain a nationally accredited personal trainer certification (see next page).
- Possess and maintain current CPR, First Aid, AED certification.
- Complete the new staff training.
- Complete online Ethics training.
- Strong communication skills.

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All trainers must hold a nationally recognized, current Personal Trainer certification.

**Preferred Certifications for Personal Training**
- National Strength and Conditioning Association (NSCA) www.nsca.com
- American College of Sports Medicine (ACSM) www.acsm.org
- National Academy of Sports Medicine (NASM) www.nasm.org
- American Council on Exercise (ACE) www.acefitness.org

**Acceptable Certifications for Personal Training**
- Academy of Applied Personal Training Education
  - Certified Personal Trainer
- ACTION Certification (ACTION)
  - Certified Personal Trainer
- Aerobics and Fitness Association of America
  - Personal Trainer Certification
- American College of Sports Medicine
  - Certified Personal Trainer
  - Certified Clinical Exercise Specialist
  - Certified Health/Fitness Specialist
  - Registered Clinical Exercise Physiologist
- American Council on Exercise
  - Advanced Health and Fitness Specialist
  - Personal Trainer
- The Cooper Institute
  - Personal Trainer Certification
- International Fitness Professionals Association
  - Certified Personal Fitness Trainer
- International Sports Sciences Association
  - Certified Personal Trainer
- National Academy of Sports Medicine
  - Certified Personal Trainer
- National Council for Certified Personal Trainers
  - Certified Personal Trainer
- National Council on Strength and Fitness
  - National Certified Personal Trainer
- National Exercise and Sports Trainers Association
  - Certified Personal Fitness Trainer
- National Exercise Trainers Association
  - Certified Personal Trainer
- National Federation of Professional Trainers
  - Certified Personal Fitness Trainer
- National Strength and Conditioning Association
  - Certified Personal Trainer
  - Certified Strength and Conditioning Specialist
- PTA Global, Inc.
  - Personal Training Academy Global Certified Personal Trainer

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