Group Exercise Instructor
Practicum Program

Main Purpose of the Position
The main purpose of this position is to develop future group exercise instructors. Participants will be mentored and guided toward a nationally recognized certification and the ability to lead safe and effective group exercise classes. At the end of this job shadowing process the participant will be invited to interview for a group exercise instructor position.

Program entry requirements
Participant must:
- Be a student of Kennesaw State University
- Have an entry interview with OwlFit staff members at the beginning of the program.
- Work toward a national fitness certification.
- Possess or work toward a CPR, First Aid, and AED certification.
- Complete basic training requirements expected of all SRAC staff members
- Possess strong communication skills.

Program participation requirements:
Participant must:
- Demonstrate an interest in exercise principles, kinesiology, and biomechanics.
- Shadow/co-teach 20 hours of group exercise classes under the guidance of a mentor instructor.
- All Shadowing/co-teaching hours must be completed within a 4 month period. Exceptions must be pre-approved by the Fitness Coordinator prior to beginning of the shadowing experience.
- Assist the mentor instructor during shadowing/co-teaching assignment. These responsibilities may include:
  - Motivating, leading, and guiding participants to an effective workout with enthusiasm.
  - Monitoring participants and their ability to ensure proper use of equipment and technique.
  - Demonstrating first aid safety, CPR, AED, and emergency action plan knowledge for the SRWC.
  - Arriving to class 15 minutes early with music cued, class planned, and equipment set-up.
  - Staying for 15 minutes after class to put away equipment and be available for feedback from mentor instructor
  - Managing class attendance sheet and remind participants to sign in for EVERY class
- Visit with a Career Services representative to discuss resume and cover letter.
- Meet with mentor instructor at least 4 times (not including shadowing/co-teaching times)
- Record and review teaching technique at least twice under the guidance of mentor and/or Fitness Coordinator
- Meet with the Fitness Coordinator at least twice
- Provide excellent customer service.
- Adhere to dress code as outlined for SRAC employees
- Maintain consistent communication through WhentoWork, email, phone, and/ or other means as required by supervisor.
- Promote the mission of the Department of Sports and Recreation Center
- Attend monthly group exercise instructor meetings.
- Participate in Student Recreation and Activities Center special events and/or programs.
- Assist with equipment cleaning and inspection.
- Assist with fitness workshops and certifications hosted at the SRAC.
- Other duties as assigned by mentor and/or Fitness Coordinator.

**Program benefits:**
Participants will:
- Get paid while learning important skills
- Gain valuable experience on the principles and practice of group exercise instruction
- Have an opportunity to check out study materials with which to prepare for exam
- Have the privilege of working alongside experienced certified instructors
- Receive feedback from experienced instructors and twelve-year seasoned professional
- Once hired to become a full group exercise instructor, the participant may be eligible to receive financial assistance (up to $250.00) toward a primary group exercise certification