Duties
Responsible for designing and leading clients through workouts that will help them accomplish their fitness goals through positive encouragement, motivation, and fostering internal desire to improve in a safe, correct, and appropriate way.

Main Responsibilities:
- Participating in fitness/wellness outreach programs as required
- Keeping detailed records of personal training participants
- Must hold personal training appointments for a minimum of 3 times per week
- Assisting with marketing of personal training/wellness programs
- Performing fitness assessments and exercise prescription/program development
- Assist with laundry operation, collecting, laundering and folding towels
- Pursuing further personal trainer certifications and maintaining current certification through continuing education.
- Attend meetings/trainings for TEAM Wellness and area as required

Basic Qualifications:
- Must have one of the following national recognized certifications: NSCA (CPT or CSCS), ACE (PT, clinical exercise specialist, lifestyle and weight management consultant), or ACSM (HFI, CPT, or Exercise Specialist), AFAA & NASM (CPT)
- Certification in CPR/1st Aid/AED, or must be completed within 2 weeks of hire (training provided by the Wellness Center at no cost for employees).
- Must have general working knowledge of all weight room and cardio equipment and be able to explain proper use to clients
- Must be able to communicate well with participants and provide motivation for continued participation in physical activity and healthy living
- Must be able to lift at least 50 lbs
- Must hold or be pursuing a major or minor in exercise science, recreation, nutrition or health related field OR must have experience in Personal Training and/or at least one certification, but pursued a different primary career

Salary: $10.40
Hours: Variable depending on Client Load, while meeting with clients a minimum of 3 times/week during busy times

Application Process
Visit [http://und.edu/health-wellness/wellness/team/join.cfm](http://und.edu/health-wellness/wellness/team/join.cfm) to view Recruitment Video and apply at the JobX UND Student Employment Website with cover letter and resume. For more information, call 701-777-2943 or e-mail stephanie.hoffman@email.und.edu.

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