

**University of Wisconsin-La Crosse  
Recreational Sports Department**

**TITLE: Strength Center Personal Trainers**

**Job Description:**

Strength Center (SC) Personal Trainers are responsible to assess, create and implement training programs for their unique clients. The trainer is also responsible for all scheduling of clients and tracking accurate records of client's attendance, payment history and scheduling a meeting for an initial consultation.

**Specific Duties:**

1. Serve as a resource by providing accurate and current information regarding recreation and university-related programs and facilities.
2. Communicate and consistently enforce university, departmental, and SC policies and procedures with all users and co-workers; employ strong decision-making and conflict resolution skills with customer(s) when policies and/or procedures are violated.
3. Coordinate emergency and evacuation procedures of the SC that include care for injured, initiation of emergency action plan, notification of appropriate university authorities, and completion of paperwork.
4. Report all injuries, damage, equipment needs, and user issues to administrative staff through incident and injury reports as necessary.
5. Anticipate potential risks of injury and take measures to remove them.
6. Effectively and properly motivate individuals at all skill and fitness levels.
7. Provide accurate fitness information and address participant's questions. Personal trainers must have the ability to motivate participants.
8. Have the ability to identify incorrect lifting techniques and how to correct the individual.
9. Maintain current certifications in first aid, CPR, and AED.
10. Personal trainers must work with SC Supervisors who are responsible for monitoring lifters, enforcing SC rules, cleaning equipment and maintaining a safe environment as well as opening and closing procedures.
11. Maintain a positive, cooperative, and customer service oriented attitude that enhances a fun work environment; wear staff apparel, nametag, and maintain clean, professional atmosphere.
12. Support and promote all decisions, programs, and activities offered by the Recreational Sports Department.
13. Serve as a positive representative while participating in university and departmental activities.
14. Participate as desired in departmental, programmatic and event planning committees.
15. Participate in self, peer, supervisory and participant evaluation process and attend staff meetings/training sessions.
16. Complete other duties as assigned.

**Time Commitment and Pay:**

Expect 2 to 4 clients, with the option to pick up additional hours. Hours range from 6am–11pm Monday–Thursday, 6am–7pm Friday, 10am–7pm Saturday and Noon–11pm Sunday. Schedules are based on client availability. Starting pay: \$10.00–\$15.00/hour.

**Requirements:**

It is the responsibility of the candidate to maintain and hold an active, nationally recognized personal training certification. Must have the ability to deadlift 100 lbs. Ideal candidates should possess strong communication skills, be team-oriented and have experience and/or a willingness to safely promote use of the weight room and other opportunities offered by the Strength Center.

**Learning Laboratory:**

The Recreational Sports Department is a learning laboratory where students have the opportunity to compliment academic pursuits with quality hands-on work experience and on-the-job training.

**Additional Information:**

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