Title: Personal Trainer

Job Code: TR2, TR3, TR4

Workgroup: Fitness

General Purpose of Position: Provide coaching, instruction, and personalized exercise programs to individual and small-group clients.

Responsibilities of the Position:
- Provide safe and effective workouts that meet the specific needs of participants
- Coach and instruct participants in one-on-one or one-or-two settings
- Keep accurate records of information and maintain confidentiality of information
- Conduct fitness assessments
- Teach small group workouts of up to 12 people in the functional training studio
- Serve as representative of department in outreach and fitness programming events

Qualifications:
- Must be currently enrolled student at the University of Maryland, College Park
- Current personal training certification from an NCCA accredited organization
- Ability to obtain CPR/First Aid certification

Supervised by: Coordinator, Fitness Staff

Starting Pay:
- Certified Personal Trainer 1 on 1 = $18.50/session
- Certified Small Group Personal Trainer $16.00/session
- Certified 2 on 1 = $22.00/session

Average Weekly Work Hours Required for this Position: 5-8 hours/week