

Recreation and Wellness Center

Fitness and Wellness Intern

Department Mission:

Campus Recreation's mission is to enhance lives by providing outstanding recreational opportunities and experiences for the diverse UMSL community.

Position Responsibilities include but are not limited to:

- Familiarization with all pieces of fitness equipment within the RWC.
- Record and organize inventory lists.
- Must stay up-to-date with fitness trends.
- Communicate with fitness vendors to discuss equipment needs or research.
- Provide a safe and open environment that removes barriers to fitness, while keeping our members and staff safe.
- Cultivate and maintain a relationship with RWC employees and members.
- Expected to **regularly check email and respond to emails or voicemails promptly**

Experience:

- In-person and online coaching experience.
- Learn about equipment inventory, replacement, and maintenance for all RWC fitness equipment.
- Assist with content creation to help students become a Personal Trainer and/or Group Fitness Instructor.
- Intern will be responsible for creating at least one special event for the Fitness and Wellness department.
- Connect, communicate and collaborate with other areas of the campus recreation department (Intramurals, Marketing, Aquatics, etc.).

Work Hours:

- Monday – Friday
 - Between 8am-5pm
- Saturdays & Sundays
 - Must be available to work special events

**Hours may vary depending on responsibilities and/or programs.

Requirements:

- Must be in good standing with the University.
- Must be able to lift 50 lbs.
- Must possess comprehensive knowledge of exercise science.
- Displays a positive and friendly attitude.
- Willingness to learn, follow, and enforce rules and regulation.
- Excellent communication skills, especially using email.
- Minimum GPA: 2.0

Compensation:

Academic Credit