Recreation and Wellness Center  
Personal Trainer

Department Mission:
Campus Recreation’s mission is to enhance lives by providing outstanding recreational opportunities and experiences for the diverse UMSL community. Stay. Play. Connect.

Position Responsibilities:

- Conduct Fitness Assessments
- Prescribe individual workout programs
- Provide safe exercise recommendations to clients based on Campus Recreation guidelines.
- Conduct a health history consultation maintaining a high level of confidentiality.
- Record and organize all client workouts and information.
- Demonstrate and coach clients on the proper use of cardiovascular and strength equipment.
- Staff members are expected to regularly check email and respond to emails or voicemails promptly.

Requirements:

- Must be flexible to meet the needs of various work schedules; early morning, late evening, and weekends.
- Potential of working with members with health-related illnesses and cardiac problems. Personal Trainers will be required to maintain training knowledge. While on duty physical exertion will or could be demanded.
- While performing duties the employee will frequently be required to stand, sit, kneel, stand, stoop, communicate, reach, pull, and push. The position requires mobility.
- Could be exposed to blood borne pathogens.
- Must be able to lift 50 lbs.
- This position requires the ability to interact appropriately with co-workers and members of the University community. Individual will work with other student employees in a team environment to provide recreational services to the University community.
- Minimum GPA: 2.0

Compensation:

$12.00-$28.00 an hour *Contingent on certification(s) and experience

Process:
Contact Danny Provencio at provenciod@umsl.edu or 314-516-2342 to discuss the necessary certifications and qualifications needed for this position, as well as the timeline to get started.

Required Training:
Personal Trainer meeting(s) will be scheduled upon hire via email.