



## **PERSONAL TRAINER JOB DESCRIPTION**

Personal Trainers primary responsibilities are assessing, designing, and implementing fitness programs that are safe, effective, goal-driven, and enjoyable for UNC Campus Recreation Center clients. Personal Trainers also provide clients with in-depth information on proper form and technique, exercise modifications, anatomy and physiology, guidelines/recommendations, and client progression. Secondary responsibilities include helping out with Campus Recreation Center events, attending mandatory staff meetings, mentoring new trainers, and keeping up to date on current health/wellness information. This position reports to the Coordinator of Fitness and Wellness.

### **Qualifications**

- Current American Red Cross CPR/First-Aid certification
- Trainers must hold a current national personal trainer certification (ACE, ACSM, NSCA, NASM) or others deemed appropriate by the Coordinator of Fitness and Wellness.
- Majoring in a health/fitness-related field is recommended but not required.