



Personal Trainer- Certified

Department: University Recreation + Wellness (UREC), University of Arkansas - Fayetteville

Location: On-Site, HPER and UREC Fitness Center in ARKU

Position Description:

The Personal Trainer is responsible for designing and leading safe, effective, and individualized fitness programs for clients of all experience levels. This role includes conducting fitness assessments, providing motivation and education, and tracking client progress. Personal Trainers are expected to maintain professionalism, adhere to industry standards, and uphold UREC policies.

This position will develop UA Career-Ready skills such as communication, professionalism, perspective awareness, leadership, and teamwork.

Duties & Responsibilities:

Instruction and Participant Engagement - 60%

- Instruct high-quality personal training sessions for participants
- Demonstrate proper exercise technique and equipment use; offer modifications for varying fitness levels.
- Communicate client expectations clearly and maintain a fun, energetic, and professional environment.
- Record and report accurate client attendance data for each session.
- Promote a welcoming atmosphere through strong communication skills and a positive attitude.

Operations and Risk Management - 40%

- Monitor and assist clients to ensure safe and proper equipment use.
- Identify and respond to risk management issues such as health emergencies, equipment failure, or unsafe participant behavior.
- Report and document all injuries, accidents, and emergency situations promptly to appropriate supervisory staff.
- Conduct routine inspections of equipment and fitness center space to ensure safety standards are met.
- Prioritize the physical and emotional safety of clients at all times.
- Serve as a mentor to new personal trainers by modeling leadership, confidence, and organization.
- Stay informed about Personal Training and University Recreation policies to provide accurate information to participants.

Minimum Qualifications:

- Current University of Arkansas student.
- Current certification by accredited fitness organizations such as ACE, NASM, ACSM, and NSCA.

Preferred Qualifications:

- N/A

Federal Work Study Requirement:

- Federal Work Study award preferred but not required.

Required License(s), Training, Certification(s), & Background Checks:

- Adult & Pediatric First Aid, CPR, and AED certification or be able to obtain certification within 40 days of hire (UREC will provide a certification opportunity, if needed)
- Required criminal background check
- Required sex offender registry check
- Maintain a certification by an accredited exercise organization such as ACE, ACSM, and NSCA.

Physical Activities Associated with this Position:

The following physical activities are associated with the position and will be performed with or without accommodation. All individuals are encouraged to apply.

- Medium work. Exerting up to 50 pounds of force occasionally, and/or up to 30 pounds of force frequently, and/or up to 10 pounds of force constantly to move objects.
 - Spotting active lifting
 - Balancing, crouching, grasping, hearing, kneeling, lifting, pulling, pushing, reaching, repetitive motion, standing, stooping, talking, walking- Constantly
 - Climbing, crawling- Frequently
 - Feeling, manipulating items, sitting- Occasionally

Visual Acuity:

- Employee is required to have visual acuity to determine the accuracy, neatness, and thoroughness of the work assigned (i.e., custodial, general laborer, lab personnel, etc.) or to make general observations of facilities or structures (i.e., security guard).

Compensation & Benefits:

- \$14/hour
- Student Affairs Wage Scale: Category 4

Hours and Schedule:

- The position is designed to be a 10-20 hours per week in person commitment.
- Weekly work hours vary and may include morning, evening, and weekend.

Employment Timeline:

- This position hires on an as needed basis.
- This position is eligible for up to 4+ years of continuous employment upon satisfactory performance and continued academic enrollment.

Supervision: Fitness Graduate Assistant

This job will provide experiences to develop the following UA Career-Ready Skills:

Professionalism | Perspective Awareness | Leadership | Teamwork | Communication

- **Ability to Demonstrate Dependability:** Act as a dependable, diligent member of a work environment by being present, prepared, responsible for your actions, behaviors, performance, and decisions and showing attention to detail.
- **Ability to Support Other's Needs:** Ability to demonstrate curiosity about different ideas and new ways of thinking and actively contribute to developing practices that support the needs of others.
- **Ability to Inspire, Persuade, & Motivate:** Ability to use emotional intelligence and interpersonal skills through acknowledging others' needs, contributions, thoughts, and feelings with the goal of guiding and motivating others and improving the team's functioning and success.
- **Ability to Build Relationships for Collaboration:** Ability to build strong, positive work relationships with colleagues, supervisors and customers and demonstrate agility to accomplish common goals.
- **Ability to Use Active Listening:** Ability to focus completely on a speaker, understand their message, comprehend the information, and respond thoughtfully.

Application Instructions and Required Document:

- Please contact University Recreation + Wellness fitness team at Fitness@uark.edu, with additional questions about the position.
- Include resume and cover letter
- Applicant must lead a UREC staff member in a mock personal training session as part of the application process.

Equal Opportunity and Compliance: The University of Arkansas is an equal opportunity institution. The University does not discriminate in its education programs or activities (including in admission and employment) on the basis of any category or status protected by law, including age, race, color, national origin, disability, religion, protected veteran status, military service, genetic information, sex, sexual preference, or pregnancy. Federal law prohibits the University from discriminating on these bases. Questions or concerns about the application of Title IX, which prohibits discrimination on the basis of sex, may be sent to the University's Title IX Coordinator and to the U.S. Department of Education Office for Civil Rights.