



CSU Bakersfield

Student Affairs

Student Recreation Center

Mail Stop: SRC 65
9001 Stockdale Highway
Bakersfield, California 93311-1022

(661) 654-4386
(661) 654-4329 FAX
www.csub.edu/reccenter

FITNESS ADVISOR

PURPOSE

SRC Fitness Advisors are responsible for exercise advice on a one-on-one or small group basis. The staff is responsible for implementing fitness programs and for ensuring that equipment is used appropriately and for the desired purpose.

SUPERVISORY DUTIES AND RESPONSIBILITIES

- Educate and enforce policies regarding safe and proper use of equipment and facilities.
- Familiarize participants with the safe and effective use of all cardiovascular, resistance, and free weight equipment. □ Develop and deliver fitness workshops.

PROGRAMMATIC DUTIES AND RESPONSIBILITIES

- Execute scientifically sound workout programs designed by Certified Personal Trainers based on established norms and guidelines.
- Provide advice on basic exercise physiology and proper lifting and exercise technique.
- Provide participants with exercise recommendation information.
- Lead fitness orientations to familiarize participants with equipment, policies, and programs
- Provide safe and effective spotting techniques to participants.
- Demonstrate on-going competence in providing current and accurate information to participants.
- Respond to all injuries and assist in immediate first aid and proper emergency procedures.
- Regularly inspect equipment and report any safety or maintenance needs.
- Keep exercise areas organized, clean, and inviting.
- Communicate maintenance, custodial, or security issues to appropriate SRC personnel.
- Educate participants and student staff; adhere to, and enforce, all policies and procedures.
- Maintain familiarity with evacuation plans and assist during major emergencies.

ADMINISTRATIVE SUPPORT DUTIES AND RESPONSIBILITIES

- Provide support to the Director and Coordinators on specific projects as needed and assigned.
- Represent the SRC and CSUB in a professional manner and act as an SRC ambassador at all times. □ Serve as a role model to other student staff and participants.
- Provide positive public relations and policy education to participants.
- Attend and contribute to all mandatory staff meetings, workshops, and retreats.
- Provide a friendly, inclusive, service-oriented environment for all staff and participants.
- Demonstrate awareness of, and appreciation for, individual uniqueness and diversity.
- Maintain a positive relationship with staff and co-workers.
- Demonstrate commitment to student development and leadership.
- Maintain high standards and achieve high expectations.
- Maintain prompt hours and follow absence procedures.

QUALIFICATIONS

- Currently enrolled CSUB student with at least 6 undergraduate units and a minimum G.P.A. of 2.0, or graduate student with at least 4 graduate units and a minimum G.P.A. of 3.0.

- Successfully completed Biology 2210 Human Anatomy, Biology 2220 Human Physiology, Kinesiology 3010 Measurement/Evaluation
□ Knowledge of exercise physiology and kinesiology, safe training procedures, and the proper use of cardiovascular, resistance, free weight, and related fitness equipment.
- Demonstrated progress toward obtaining certification in personal training by ACSM, NSCA, ACE or other nationally recognized organization.
- Certification in CPR, AED, and First Aid from either the American Red Cross or the American Heart Association within 30 days of hire.
- Demonstrated ability to be highly organized and possess strong planning skills.
- Genuine interest in a variety of individuals and commitment to providing quality service to diverse populations.
- Excellent oral and written communication skills.
- Willingness and ability to work early morning, night, weekend, finals, and quarter break hours.

CLASSIFICATION AND COMPENSATION

Student Assistant II 8-10 hours per week.

APPLICATION PROCESS AND DEADLINE

Applications can be found on Handshake - <https://csub.joinhandshake.com/login>

Included in the application is a section titled "Tips for Applicants" that will help prepare candidates for the selection process.

