



GROUP FITNESS INSTRUCTOR

PURPOSE

SRC Group Fitness Instructors are responsible for developing individual lesson plans, being familiar with various styles of class formats, supervising class participants, and leading instructional sessions. The staff teaches a variety of classes and is responsible to ensure participant safety.

SUPERVISORY DUTIES AND RESPONSIBILITIES

- Lead exercise and instructional sessions and classes; supervise participants

PROGRAMMATIC DUTIES AND RESPONSIBILITIES

- Develop individual lesson plans for fitness instruction
- Maintain competencies and remain current in trends of area of expertise
- 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 instructional area 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 and drills

ADMINISTRATIVE SUPPORT DUTIES AND RESPONSIBILITIES

- Represent the SRC and CSUB in a professional manner and act as an SRC ambassador at all times
- Attend and contribute to all mandatory staff meetings, workshops, and retreats
- Maintain prompt hours and follow absence procedures
- Serve as a role model to other student staff and participants
- Provide a friendly, inclusive, service-oriented environment for all staff and participants
- Provide positive public relations and policy education to 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
- Provide support to the Director and Coordinators on specific projects as needed and assigned

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
- Knowledge of anatomy, physiology, muscular function, exercise program implementation, safe group exercise procedures, and proper use of related class materials and equipment
- Ability to learn new formats and propose new classes to add to the schedule
- Previous experience in supervising and leading individuals or groups in an instructional environment preferred
- Certification in CPR, AED, and First Aid from either the American Red Cross or the American Heart Association
- 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 semester break hours

CLASSIFICATION AND COMPENSATION

Student Assistant III: 3-10 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 theselection process.

