



## Job Description

Job Title:	Personal Fitness Trainer		
Salary Range:	Min. \$34,000/yr	Mid. \$40,000/yr	Max. \$48,000/yr
Department:	Program		
Reports to:	Campus Life Manager		

### Position Summary:

Responsible for planning, scheduling and conducting individual, group and weekend workout sessions of registered HIPsters, with the objective of helping them meet their personal wellness goals.

### Essential Functions:

- Planning and scheduling of HIPster workout sessions, based on knowledge of HIPster fitness goals, creating individualized and modified workout sessions with the ability to adapt workouts to meet varying levels of HIPster cognition and physical ability, and the understanding of HIPster safety and health risks prior to hosting any workout session. **50%**
- Communication with parents regarding HIPster registration and progress in the Personal Fitness Program, as well as service updates and maintenance of client list and detailed documentation of all workout sessions. **25%**
- Ability to provide a full physical assessment to HIPsters within the Personal Training Program. **5%**
- Maintenance of the My Possibilities fitness facilities and equipment being uses within the Personal Training Program. **5%**
- Assist with core MP program and support of additional fitness and athletic-based activities, as needed. **10%**
- Plan and attend bi-weekly bootcamps per month on a Saturday. **5%**

### Nonessential functions:

- Must adhere to all confidentiality guidelines of our HIPsters and their families.
- Acts as a role model and mentor to our HIPsters, working hard to keep a professional demeanor at all times.
- This position will require communication with HIPsters' families to discuss progress and performance in sessions.



**Competencies (Knowledge, skills and abilities):**

- Able to communicate effectively both verbally and in writing (sign language a plus).

**Minimum qualifications:**

Education:

- HS Diploma and/or GED required.
- Bachelor's Degree preferred.
- Personal Training Certification preferred.

Experience:

- 2 - 4 years of experience working with adults with special needs a plus.
- Personal Training or physical fitness experience required.
- Knowledge of different applications used on the computer: Excel, Word, PowerPoint, Internet Explorer

Specific Skills:

1. Specialized Knowledge, Licenses, etc.:
2. Current driver's license, acceptable driving record and valid car insurance required.
3. Must be able to clear a background check with no related offenses jeopardizing the integrity of our program.
4. Certified in CPR/First Aid/AED/SAMA or CPI/HIPAA
5. Certification as a Personal Trainer preferred.

**Success factors:**

Personal qualities of integrity, credibility, with a commitment to and a passion for My Possibilities' mission.

**Supervisory responsibilities:**

This is a non-supervisory position and does not require the management of any employees.

**Working conditions:**

Most activities occur in a gymnasium or similar facility using a variety of exercise equipment. Must be able to lift 25lbs regularly and up to 100lbs occasionally.