

## **Wartburg College**

### **Position Announcement**

#### **Title of Position – Certified Personal Trainer**

Preparation Date: December 2020

#### **Function of Position:**

Responsible to the Director of The W for personal training to all new and current members of the The W, perform assessments, assist members with their workout programs and offer training advice or corrections on equipment when necessary.

#### **Principal Duties and Responsibilities:**

1. Develop personalized programs for clients
2. Assist and educate clients with safe physical form and technique
3. Demonstrate your expertise and value by creating an outstanding personal training experience for new and existing clients
4. Motivate and inspire clients to get results by setting goals, creating customized workout plans and tracking progress
5. Listen to clients to help understand their goals
6. Remain professional within your certified scope of study.
7. Other related duties as required

#### **Minimum Qualifications:**

- Prior Personal Trainer experience is preferred
- Ability to develop and implement personal training programs
- Understanding of principles of physical fitness and proper exercise technique
- Must hold a certification through a nationally recognized institution or working towards a certification
- Must be CPR/AED certified
- Must have working knowledge of anatomy, kinesiology, exercise physiology, biomechanics and basic nutrition
- Must have good communications and promotional skills
- Professional, considerate and punctual

#### **Application Procedure:**

Send a letter of interest, including a statement regarding qualities you offer within the context of the Wartburg College mission, resume, and contact information for three references electronically to: [hr@wartburg.edu](mailto:hr@wartburg.edu). See [www.wartburg.edu](http://www.wartburg.edu) for further information about the college. Screening begins immediately and continues until position is filled.

**WARTBURG COLLEGE** is a selective liberal arts college of the ELCA, nationally recognized for community engagement. As an affirmative action, equal opportunity institution, Wartburg College actively seeks applications from women and members of ethnic and minority groups.