



Job Description

Department: Campus Recreation
Position Title: Fitness Instructor – Student Assistant
Time Base: Maximum 20 hours/week

Position Reports to: Fitness & Wellness Coordinator
Exempt or Non-Exempt: Non-Exempt

This student assistant position is expected to be performed on campus. Based on CSUSM procedures for re-operation, there may be remote work assignment provide on a temporary basis.

PURPOSE OF POSITION:

The successful candidate will participate in the development and teaching of fitness classes and programs.

Positions Requirements

- Must be continuously enrolled at least half-time during the academic year. Undergraduate students (including credential students) must be continuously enrolled for a minimum of 6 units. Graduate students must be continuously enrolled for a minimum of 4 graduate level units
- Must maintain a minimum cumulative GPA of 2.0
- Must remain in good standing with the University
- Must be able to lift up to 50 pounds
- Kinesiology Major or related field (*desired but not required*)
- Current CPR/AED Certification and/or Instructor Certification or willing to obtain within three (3) months of hire

Responsibilities include, but are not limited to:

- Teaches scheduled classes, beginning and ending on time; provides adequate warm-up, exercises, stretching, and cool down. Instructs patrons on effective workout methods; explains proper techniques, demonstrates exercises; identifies different muscle groups, and teaches appropriate methods to strengthen specific muscles.
- Prepares appropriate equipment, music, and handouts for each class as required.
- Assists patrons, answers questions, and maintains a positive exercise experience for members and class participants.
- Keeps management informed of customer and facility needs.
- Ensures that safety standards are met, and that department and facility policies are followed.
- Other duties as assigned

Hourly Rate: Training/Meeting rate at \$15.00/hour
Starting at \$17.50/hour/per class