

FITNESS CENTER TECHNICIAN

DEFINITION

Assumes functional responsibility for the Fitness Center and all related duties required for the physical and nutritional assessment of students and staff. Maintains equipment, develops individualized programs, generates computerized data reports and insures the safety and security of exercise and aerobic equipment.

SUPERVISION RECEIVED AND EXERCISED

Direct supervision is provided by the Fitness Center Coordinator. General supervision is provided by Administrative personnel.

EXAMPLES OF DUTIES

- Demonstrate the use of all fitness equipment.
- Perform fitness assessments; develop exercise and nutritional programs.
- Monitor center activity; input student data and generate computerized reports.
- Maintain and repair exercise and aerobic equipment.
- Assist Fitness Center Coordinator and perform related duties as assigned.
- Deal effectively with students and staff in a multi-cultural environment.
- Track user progress and maintain accurate records.

QUALIFICATIONS

Knowledge of:

- Methods of exercise and aerobics to promote health and fitness.
- Use of and purpose of exercise and aerobic equipment.
- Computer software and data entry.
- Coordinating schedules and routines related to fitness training.

QUALIFICATIONS (continued)

Ability to:

Accurately assess students and staff, operate computerized diagnostic machine.

Repair exercise and aerobic equipment.

Prepare computerized data reports; maintain records.

Design individual nutritional and exercise programs.

Work effectively with a diverse population of students, faculty, and staff.

Arrange schedules and prioritize work.

Communicate effectively both orally and in writing.

Lift heavy equipment.

EMPLOYMENT STANDARDS

Minimum Requirements:

Experience working with athletes, adults in physical fitness program, classroom, or fitness center.

One year of college-level classes in health, related subjects, or equivalent experience.

Any combination of experience, education, and training that would qualify.

CPR certification prior to or within nine weeks of hiring.

Experience working with people in a health and fitness or athletic environment.