



STUDENT AFFAIRS

CENTRAL MICHIGAN UNIVERSITY

Job Title: Fitness and Wellness Graduate Assistant

Department: University Recreation

Date: Academic Year Assistantship, August 2023 – May 2024

Minimum Qualifications:

- Earned Bachelor's degree
- Admission to Central Michigan University's College of Graduate Studies
- Demonstrated positive interpersonal skills
- Demonstrated ability to communicate effectively and project a positive image
- Serve as a role model for all students and staff in personal and professional behaviors
- Ability to balance several projects and meet deadlines

Specific Duties Performed:

- Assist with the implementation of fitness & wellness programs
- Assist in the coordination and daily operation of multiple university fitness centers, group exercise programs, personal trainers and wellness programs
- Schedule, hire, train, supervise, evaluate and motivate assigned fitness staff
- Plan and implement special events including marketing and evaluation of events
- Assist with coordinating departmental special events
- Assist with supervision of Special Events
- Maintain active and engaged relationships with university and community partners and work with outside groups who are interested fitness
- Some evenings and weekends required
- Other duties as assigned
- *Certification Requirement:* Red Cross CPR-PR, nationally accredited fitness certification desired, but not required in Group Fitness and/or Personal Training (e.g., ACSM, ACE, NETA, NASM, NSCA), or Specialty format fitness instruction (e.g., Zumba, YogaFit)