



Student Position Announcement Central Michigan University University Recreation

Position: Fitness Specialists

Responsibilities

FITNESS INSTRUCTION:

Demonstrates the proper use of equipment in all rooms; Provides instruction/information in response to members' questions; Provides a fitness facility orientation to new members and/or guest, upon request; Refers members to supervisors when special needs or concerns exist.

MEMBER RELATIONS:

Greets members and makes them feel welcome and oriented to URec fitness activity areas.; educate members and/or guests on equipment/machine that will work on certain areas of the body; Knows, supports and enforces the Fitness Center, Weight Training and MP Fit policies and procedures; Moves throughout the rooms remaining highly visible and approachable; Shows continual willingness to interact with and support the diverse goals of members; Promotes programs of URec and solicits members' opinions of programs; Follows up on comments/complaints made by members.

Acts with professionalism and avoids involving members in personal or work-related issues; Promotes various programs that occur within the fitness programming area.

When Fitness/Wellness Representative is not on, Fitness Associate will perform the below responsibilities in addition to the ones stated above:

Register members and/or guest in fitness/wellness related appointments/programs; Make daily reservations for racquetball, walleyball and tennis; Issue equipment to members and/or guest; Inventory equipment and communicates when equipment is either missing or is damage; Records daily stats

SAFETY:

Monitor the membership/guest of any potential medical emergencies; Ensure that there is not misuse or abuse of machines; Perform preventative maintenance on fitness related equipment (such as wiping down equipment during scheduled shift time, cleaning mirrors, vacuuming and assisting participants in putting free weights in proper areas.); Complete any forms pertinent to the operation of the Fitness facilities; Informs the department of any machine which has malfunctioned or broken down; Responsible for all opening and closing duties within that area; Assist in laundering towels; Organize equipment; Closes down unsafe/broken equipment and submits appropriate work orders; Complete any other tasks assigned by the Assistant Director, Fitness/Wellness or Graduate Assistant .

Mission

The mission of University Recreation (UREC) is to provide outstanding recreation, leisure and wellness programs, services and facilities for students, faculty and staff of Central Michigan University (CMU) and other members and guests. The staff is dedicated to providing these experiences in a safe environment that promotes healthy lifestyles, values diversity, and contributes to co-curricular learning and leadership opportunities through effective utilization of resources.

Our staff members are the source of our strength and the key to the successful fulfillment of our mission.

**Not just a
job ...
it's an
experience!**

Qualifications

Undergraduate or graduate student at Central Michigan University. Must attend general training to learn specifics of position. Must have completed HSC 220– Basics in Health Fitness or transfer equivalent or prior relevant experience; appreciation of individual skills and diversity of clientele; ability to provide a positive environment free of discrimination for all participants.

Certifications Requirement

Adult, Child and Infant CPR and Standard First Aid (American Red Cross – preferred), A.E.D Certification (preferred) and Right to Know training. Must be obtain once position as been offered and accepted.