University and Campus Recreation Profile

The University of Colorado at Colorado Springs (UCCS) is a burgeoning, regional academic and research university with a rapidly growing student enrollment of 9,750; 40% of which are first-generation college students. The university offers 36 bachelors, 19 masters and 5 doctoral degree programs through its six colleges, with a student-to-faculty ratio of 18:1. UCCS is ranked 9th amongst Western regional public universities and 9th best undergraduate engineering program in the nation according to *U.S. News & World Report*, and *GI Jobs* ranks UCCS within the top 15% of military friendly colleges and universities.

Pikes Peak, America’s Mountain as it is known, forms a breathtaking backdrop for the LEED Gold Certified UCCS Recreation Center, serving between 550 and 600 students and faculty/staff daily. Campus Recreation and staff are committed to student development, diversity and sustainability, all while encouraging healthy lifestyles through extensive programs and services. Like the university itself, Campus Recreation is undergoing considerable growth, currently in the construction phase of an 84,000 SF artificial turf field to open spring 2014, and planning phases of the recreation center expansion to open summer 2015. The recreation center expansion will increase fitness activity space from 54,000 to 118,000 SF.

Job Responsibilities

- Assist the Associate Director with the administration, management and supervision of a comprehensive personal training program. Includes 3-5 personal trainers
- Recruit, hire, train, develop and evaluate 3-5 group personal trainers consisting of full-time students and non-students
- Execute fitness assessments and design individualized exercise programs based on the personal health and fitness goals of students and faculty/staff at UCCS Campus Recreation
- Assist with the administration, organization, management, execution and evaluation of small group training programs; strength and conditioning, heart rate training, kettlebells, TRX, etc.
- Administer, organize, manage, supervise, execute and evaluate the 8-week in-house “Become a Personal Trainer” program. Curriculum consists of human anatomy, kinesiology, exercise program design, safe and effective delivery thereof, motivation theory, progression, small group training instruction, specialty education and class instruction and risk management
- Track program and participation statistics to be included in annual Personal Training program review. Complete incident/accident reports. Make program recommendations
- Track payroll and maintain inventory. Make budget recommendations
- Plan, organize, execute and evaluate fitness and personal training related special events and programs. Assist the Group Fitness Program Assistant with the planning, administration and execution of the annual “Bash the Bluffs” 5k walk/run each April
- Plan, organize and present continued education workshops and sessions to personal training staff
- Organize, plan, facilitate and evaluate monthly personal training staff meetings
- Assist with UCCS, Campus Recreation and Fitness program related special events

Required Qualifications

- Previous paid experience as personal trainer required
- Personal trainer certification from nationally recognized organization required; ACE, ACSM, NSCA, NASM
- American Red Cross certified First Aid / CPR / AED
- Personal Training Program Assistant must commit to working 10-15 hrs/wk
- Personal Training Program Assistant must commit to working with 2+ clients per week
- If applicant is not a full-time student at the university, must provide proof of personal liability insurance in the amount of $1 million

Preferred Qualifications

- Experience as paid personal trainer at UCCS Campus Recreation highly preferred
- Attendance and participation in the 8-week “Become a Personal Trainer” program preferred

Compensation

$9/hr fitness specialist and meeting rate, considered administrative rate
$12/hr
Performance based raises issued at the university and department’s discretion