

PERSONAL TRAINER I, II, III, IV
PART TIME, TEMPORARY

EXAMPLES OF ESSENTIAL DUTIES – Duties may include, but are not limited to, the following:

Provide fitness personal training services to individuals or groups.

Supervise, coordinate and lead fitness exercise classes, including small group TRX classes.

Off-site personal training and/or nutrition coaching at Roseville Police Department or for other city departments and/or staff.

Assist in planning, promoting, conducting and evaluating recreation programs and events.

Interact and stimulate interest while conducting, demonstrating and supervising program activities, such as aerobic, non-aerobic and strength training activities or water fitness program activities for groups and/or individuals.

Conduct fitness consultations for new clients including pre-participation screening, medical history, lifestyle questionnaire, and goal setting to assess and recommend personal training programs.

Inspect assigned recreation facilities and/or equipment and recommend any necessary repair or maintenance work and supply needs.

Set up facility as needed for assigned program activity.

Complete records and reports as required.

Promote and enforce safety procedures; render first aid and CPR/AED, if certified, as required.

Build and maintain positive working relationships with co-workers, other City employees, and the public using principles of good customer service.

Perform related duties as assigned.

MINIMUM QUALIFICATIONS

Knowledge of:

Principles and practices of physical fitness, aerobic exercise and personal training.

Practices and methods of public relations and customer service; techniques and principles of effective interpersonal communication.

Current fitness and nutrition industry standards and trends.

Practices and methods of conducting fitness consultations.

Methods and principles in instructing individuals or groups of children, teens, or adults.

Principles and techniques of first aid and CPR/AED.

Principles and practices of safety management.

Ability to:

On a continuous basis, know and understand operations and observe safety rules; stand, bend, stoop, kneel as necessary to instruct a high intensity physical fitness class.

Intermittently interpret policies and procedures, and explain operations and problem solve issues for the public and with staff; lift or carry weight of 45 pounds or less.

Lead and motivate large group classes.

Respond to emergency situations in a calm and effective manner; administer first aid and CPR, if certified.

Understand and carry out written and oral directions.

Communicate tactfully with customers.

Communicate effectively and concisely, both orally and in writing.

Establish and maintain effective working relationships with those contacted in the course of work.

Personal Trainer I:

Experience and Training

Experience: Six months of current experience as a personal trainer.

Training:

Equivalent to the completion of the twelfth (12th) grade.

License or Certificate:

Possession of, or ability to obtain, CPR/AED and First Aid certificates.

Possession of Personal Training Certification from a nationally accredited association such as American Council on Exercise (ACE), Aerobics and Fitness Association of America (AFAA), American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM).

Personal Trainer II:

Experience: One year of current experience as a personal trainer.

Training: Equivalent to the completion of the twelfth (12th) grade.

License or Certificate:

Possession of, or ability to obtain, CPR/AED and First Aid certificates.

Possession of Personal Training Certification from a nationally accredited association such as American Council on Exercise (ACE), Aerobics and Fitness Association of America (AFAA), American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM).

Possession of two or more current specialty certifications (ie: Precision Nutrition, Corrective Specialist, Athletic Performance, PreNatal)

Personal Trainer III:

Experience: Two years of current experience as a personal trainer.

Training: Equivalent to the completion of the twelfth (12th) grade.

License or Certificate:

Possession of, or ability to obtain, CPR/AED and First Aid certificates.

Possession of current Personal Training Certification from a nationally accredited association such as American Council on Exercise (ACE), Aerobics and Fitness Association of America (AFAA), American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM).

Possession of two or more current specialty certifications (ie: Precision Nutrition, Corrective Specialist, Athletic Performance, PreNatal)

Personal Trainer IV:

Experience: Five years of current experience as a personal trainer.

Training: Equivalent to the completion of the twelfth (12th) grade.

License or Certificate:

Possession of, or ability to obtain, CPR/AED and First Aid certificates.

Possession of current Personal Training Certification from a nationally accredited association such as American Council on Exercise (ACE), Aerobics and Fitness Association of America (AFAA), American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM).

Possession of two or more current specialty certifications (ie: Precision Nutrition, Corrective Specialist, Athletic Performance, PreNatal)