

FITNESS CENTER TECHNICIAN

DEFINITION

Performs physical and nutritional assessments for 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

Supervision is received by an academic or classified manager.

Provides work direction to lower-level staff. Supervision is exercised over student workers.

EXAMPLES OF DUTIES

Demonstrates the safe usage of all fitness equipment.

Performs fitness assessments for the development of exercise and nutritional programs.

Monitors center activity, inputs data and generate computerized reports.

Maintains and performs minor repairs of exercise and aerobic equipment.

Maintains the security and physical appearance of the center.

Tracks user progress and maintain accurate records.

Selects, trains, evaluates and maintains schedules of student workers.

Performs other related duties as assigned.

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.

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.

QUALIFICATIONS (continued)

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

Arrange schedules and prioritize work.

Communicate effectively both orally and in writing.

Interview, train, and provide work direction to student workers.

EMPLOYMENT STANDARDS

Minimum Qualifications

High school diploma or the equivalent.

Experience working with athletes or adults on strength conditioning in a physical fitness program, classroom, or fitness center.

One year of college-level classes in health, physical education, kinesiology or a related subject.

Special Requirements

CPR certification prior to or within nine weeks of employment.

PHYSICAL REQUIREMENTS

Ability to lift heavy equipment.