



Stony Brook University; The Department of Campus Recreation

Personal Trainer

Job Description

The Department of Campus Recreation is currently looking for a qualified individual to fill the Personal Trainer position(s). This position is directly supervised by the Manager of Fitness & Wellness Programming and the Assistant Director of Fitness & Wellness programs, and will assist in a variety of areas, including, but not limited to:

- Responsible for the daily operations of the fitness assessment and personal training program within the Campus Recreation Center.
- Conduct private personal training sessions for clients, following protocols as accepted and provided by the Department of Campus Recreation.
- Collaborate with the Marketing Department for the timely communication and distribution of personal training-related programs and services.
- Execute fitness assessment testing based on the 5 components of fitness and exercise program design. Design exercise programs for a variety of participants utilizing the fitness program by combining individual health and fitness goals with fitness assessment results.
- Model, promote, and consistently enforce Campus Recreation policies.
- Execute fitness-related special events: body composition screenings, Healthier U events, workshops, health fairs, as well as University employee/community-based events.
- Respond to participants' questions and comments by utilizing the fitness program's e-mail database. Enter participant data into departmental database(s).
- Maintain assessment and personal training equipment inventory. Make recommendations for future assessment and personal training program purchases.
- Perform other duties as assigned.

Job Requirements

- Valid C.P.R. & A.E.D. certification from the American Heart Association or the American Red Cross
- Outgoing personality with exemplary communication skills.
- Personal Training Certification from ACE, ACSM, AFAA, NETA, NASM or NSCA preferred or other Nationally Recognized and Accredited Organization. Must obtain certification prior to hire from Accredited Organization.

Preferred Requirements

- Related educational experience or degree
- Able to work about at least 10 hours per week and have flexible availability.

Hiring Process

- Turn in a Resume and Cover Letter to either the Manager or Assistant Director of Fitness & Wellness Programs for review (Campus Recreation Center, 115). If selected an interview will be scheduled.
- If chosen for further consideration a mock training session(s) will be scheduled.
 - Fitness Assessments and a short Workout and Program Design

The Department of Campus Recreation
Campus Recreation Center, Room 115
631-632-4661