

JOB TITLE: Campus Recreation Group Fitness Instructor

SUPERVISING OFFICE: Campus Recreation

CONTACT PERSON: Chelsea Robinson

CONTACT PERSON'S EMAIL: robinsoncn@longwood.edu

START DATE: Fall/Spring start date is the week before school begins. Summer/Winter start date is the week before the semester ends.

BRIEF DESCRIPTION: Campus Recreation Group Fitness Instructors will design and implement safe and effective group fitness classes to students, faculty and staff. Instructors will assist participants with equipment set up and provide a motivating and enjoyable environment for participants.

REQUIRED QUALIFICATIONS:

- Must maintain a cumulative 2.0 GPA.
- Commit to at least two classes per week for entire semester
- Must be available to work 3-5 hours per week
- Must have an energetic, motivating, and creative personality
- Must demonstrate an understanding of strength training and cardiovascular exercise techniques and have knowledge of basic anatomy and physiology
- Must practice and promote healthy lifestyle behaviors and possess knowledge of current fitness industry standards and trends
- CPR/AED/First Aid certification required within 60 days of employment

JOB RESPONSIBILITIES:

- Arrive to class 10 minutes early and prepared to teach and stay 5 minutes after class to answer participant questions
- In order to begin a class, you must have 3 participants. Continual class cancellations due to low participation may result in dropping the class halfway through the semester
- Welcome and greet participants warmly and enthusiastically, maintaining an inviting and motivating atmosphere and promoting member retention
- Teach safe and effective group exercise classes to a variety of fitness levels, using appropriate music and choreography
- Constant supervision of entire class by circulating throughout class or being aware of every participant
- Educate participants about proper form, techniques, anatomy, and modifications
- Recognize improper form and technique and be able to correct
- Assist with maintenance of exercise equipment (sound system, steps, weights, resistance bands, balls, etc.).
- Enforce all Health & Fitness Center policies to participants
- Track attendance for each class
- Assist in promoting other fitness and wellness related programming
- Working special events and promotional opportunities that may take place on evenings, weekends, and across campus
- Attend and actively participate in all mandatory staff meetings and training sessions
- Maintain certifications as required
- Accept and perform other duties as assigned
- Demonstrate leadership, communication and customer service skills, and the ability to work with staff, students and members of a diverse background
- The ability to use mature judgment in an emergency

APPLICATION PROCESS:

- Go to <http://www.longwood.edu/recreation/student-employment-opportunities/>
- Open **Student Employment Application (pdf)**
- Fill out form, making sure the right position is listed
- Submit application to campusrec@longwood.edu or in person/by mail to:
Longwood University Campus Recreation
304 Health and Fitness Center
201 High St.
Farmville, VA 23909

SELECTION PROCESS

- Fall Applications due by 1st Wednesday in April.
- Spring Applications due by 1st Wednesday in November.
- May have seasonal work opportunities in Summer and Winter.
- To be considered for the time of year applying to, applicants should submit their application by the due date listed above, however Campus Recreation will accept all applications at any time and may reach out at any point in the year to applicants.