



YMCA Southcoast JOB DESCRIPTION

Job Title: Trainer-Personal
FLSA Status: Non-Exempt

Job Family: Wellness
Job Code: WN 101
Revised: March 2011

Position Summary:

Provide one-on-one fitness instruction to members desiring programs tailored to meet their specific health and fitness needs.

Essential Functions:

- Develop programs for multiple results including, weight (fat) loss, muscular gain, rehabilitation, health and aesthetics maintenance, improved sports performance among others.
- Evaluate client's physical fitness and monitor progress towards specific goals.
- Choose and develop activities and exercises to provide optimum results.
- Demonstrate movements and exercises recommended.
- Engage as motivator to encourage members to reach for physical limits.
- Design and provide special rehabilitation programs for clients recovering from injuries.
- Research and introduce new techniques, equipment, and motivational approaches.

YMCA Competencies:

Mission and Community Oriented: *Accepts and demonstrates YMCA values. Works effectively with people of different backgrounds, abilities, opinions and perceptions. Demonstrates a desire to serve others and fulfill a community need. Recruits volunteers and builds effective, supportive working relationships with them.*

People Oriented: *Seeks first to understand the other's point of view; remains calm in challenging situations. Builds rapport and relates well to others. Listens for understanding and meaning; speaks and writes effectively. Takes initiative in developing others.*

Results Oriented: *Strives to meet or exceed goals and deliver a high value experience for members. Embraces new approaches and discovers ideas to create a better member experience. Makes sound judgments and transfers learning from one situation to another. Establishes goals, clarifies work, and participates in meetings.*

Personal Development Oriented: *Accurately assess personal feelings, strengths and limitations, and how they impact relationships. Pursues self-development that enhance job performance. Demonstrates an openness to change; seeks opportunities in the change process.*

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JOB DESCRIPTION**

Job Title: Trainer- Personal (continued)

Qualifications:

- BS Degree in Physical Education, Adult Fitness, Sports Management, or similar; or minimum three years experience in individual or group training program leadership.
- Knowledgeable in all areas of fitness including strength training, aerobic training, flexibility, exercise selection, and training intensity and duration to meet specific client goals.
- Understanding of impact of exercises and training on specific human body areas including muscles and cardiovascular systems.
- Basic understanding of nutrition and importance to well-being.
- Knowledgeable about various exercise equipment.

Physical Demands:

- Required to lift and or move on occasion weights exceeding 50 pounds to demonstrate exercises to clients.
- Required to demonstrate physical stamina and agility, and stoop, kneel, crouch, walk, run, and stand for extended periods of times.
- Ability to react to emergency situations by quick movements, strenuous activity, and communicate verbally in a noisy environment.

I have reviewed the above job description and understand my responsibilities as described:

Print Name: _____

Date: _____

Signature: _____

Date: _____

YMCA Southcoast reserves the right to change and/or modify the job requirements, responsibilities, and qualifications for this position to meet changing business needs. Further, nothing in this description is intended to represent all functions, duties, and responsibilities of the associate holding this job title, or to alter the at-will nature of their employment. (See HR Policy and Procedures Manual- Disclaimer et al, 1/08)

Understood and Agreed To: Signature: _____ **Date:** _____