

Fitness Instructor (Pilates Personal Trainer) (4128U)
22813
University of California, Berkeley

Direct Link: <https://www.AcademicKeys.com/r?job=188710>

Downloaded On: Sep. 24, 2022 6:38pm

Posted Jul. 22, 2022, set to expire Oct. 30, 2022

Job Title	Fitness Instructor (Pilates Personal Trainer) (4128U) 22813
Department	
Institution	University of California, Berkeley Berkeley, California
Date Posted	Jul. 22, 2022
Application Deadline	Open until filled
Position Start Date	Available immediately
Job Categories	Lecturer/Instructor
Academic Field(s)	Sport & Exercise Science
Apply Online Here	https://apptrkr.com/3200115

Apply By Email

Job Description

Fitness Instructor (Pilates Personal Trainer) (4128U) 22813
About Berkeley

At the University of California, Berkeley, we are committed to creating a community that fosters equity of experience and opportunity, and ensures that students, faculty, and staff of all backgrounds feel safe, welcome and included. Our culture of openness, freedom and belonging make it a special place for students, faculty and staff.

The University of California, Berkeley, is one of the world's leading institutions of higher education, distinguished by its combination of internationally recognized academic and research excellence; the transformative opportunity it provides to a large and diverse student body; its public mission and commitment to equity and social justice; and its roots in the California experience, animated by such values as innovation, questioning the status quo, and respect for the environment and nature. Since its

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founding in 1868, Berkeley has fueled a perpetual renaissance, generating unparalleled intellectual, economic and social value in California, the United States and the world.

We are looking for equity-minded applicants who represent the full diversity of California and who demonstrate a sensitivity to and understanding of the diverse academic, socioeconomic, cultural, disability, gender identity, sexual orientation, and ethnic backgrounds present in our community. When you join the team at Berkeley, you can expect to be part of an inclusive, innovative and equity-focused community that approaches higher education as a matter of social justice that requires broad collaboration among faculty, staff, students and community partners. In deciding whether to apply for a position at Berkeley, you are strongly encouraged to consider whether your values align with our [\[url=https://apptrkr.com/get_redirect.php?id=3200115&targetURL=https://strategicplan.berkeley.edu/guiding-values-and-principles/\]](https://apptrkr.com/get_redirect.php?id=3200115&targetURL=https://strategicplan.berkeley.edu/guiding-values-and-principles/)Guiding Values and Principles, our [\[url=https://apptrkr.com/get_redirect.php?id=3200115&targetURL=https://diversity.berkeley.edu/principles-community\]](https://apptrkr.com/get_redirect.php?id=3200115&targetURL=https://diversity.berkeley.edu/principles-community)Principles of Community, and [\[url=https://apptrkr.com/get_redirect.php?id=3200115&targetURL=https://strategicplan.berkeley.edu/our-strategic-plan\]](https://apptrkr.com/get_redirect.php?id=3200115&targetURL=https://strategicplan.berkeley.edu/our-strategic-plan)our Strategic Plan[\[url=https://apptrkr.com/get_redirect.php?id=3200115&targetURL=https://strategicplan.berkeley.edu\]](https://apptrkr.com/get_redirect.php?id=3200115&targetURL=https://strategicplan.berkeley.edu).

Departmental Overview

Enhancing the health and wellness of our Cal community is a big job. Rec Sports is dedicated to providing an ongoing variety of educational, fitness, and wellness opportunities to support a healthy lifestyle. We offer classes and facilities to support our students, faculty, and staff in both their personal growth and physical fitness goals.

Application Review Date

The First Review Date for this job is: 9/8/2021

Responsibilities

Educates the participants on fitness and health-related topics; conducts assessments and pilates training sessions, maintaining a high level of professionalism and confidentiality, designs and implements individual workout programs, discusses health and wellness goal setting; promotes safe technique and form when training.

Educates participants on the policies and procedures of the Recreation Center; acts as a liaison between other Recreational Sports programs; keeps detailed and accurate client records; provides

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weekly availability for clients to schedule appointments; attends all required departmental meetings and completes online training; always promotes the Department of Recreational Sports in a positive manner.

Key Responsibilities:

* Provides advanced or specialized activity instruction to program participants, individually or in groups. Trainers provide sessions at the RSF, other campus locations, or virtually through live-streamed and on-demand content. Trainers will work with students, faculty/staff and community members and will need to program the correct modifications for their clients and appropriate progressions and regressions of exercises. Trainers must be able to work in a busy environment and adapt workout routines from available equipment and resources. * Maintains a welcoming and supportive environment for program participants and facilitates participation. Trainers conduct energizing, fun, safe sessions for all fitness levels and encourage and motivate their clients. Answers questions from participants to support them in achieving their healthy living and wellness goals. Builds effective, authentic relationships with members, facilitates others to connect with one another, and to the Berkeley Rec Sports community. * Interacts with recreational program participants in a positive and professional manner. Responsible for ensuring that fitness spaces provide a safe environment including the condition and proper storage of all equipment used during training sessions. Instruct clients on correct equipment usage and body mechanics. * Updates availability in Mindbody scheduling software system. providing weekly availability for clients to schedule appointments. Tracks client progress and personal administrative records (time keeping, internal communications, client records, etc). * Maintains required professionals certifications including CRR/AED. Keeps current on teaching methods, techniques and skills through continuing education. Participates in required professional development activities.

Required Qualifications

* Previous experience with instruction of fitness and recreation programs. * Previous experience working with age level specific to an activity is required. * Has advanced knowledge of program activity practices and procedures. * Requires verbal and written communication in the English language, active listening, dynamic flexibility, critical thinking, multi-task and time management skills. * Service orientation, program management, sound judgment and decision-making, critical thinking, develop original ideas, creative problem solving skills in a varied and challenging environment * Must be able to work effectively, across all organization levels, internally and externally . * Must have highly effective verbal and written communication skills. * Client service minded entrepreneurial spirit and creative thinking. * Basic Computer Knowledge.

Licenses or certifications:

* Current comprehensive certification for Pilates equipment and Mat formats. * Red Cross CPR with AED



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Preferred Qualifications

* Knowledge of campus policies and procedures. * Working knowledge of program activity practices and required procedures.

Salary & Benefits

Contact Information

Please reference Academickeys in your cover letter when applying for or inquiring about this job announcement.

Contact

N/A

University of California, Berkeley

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