

GORDON COLLEGE

Position Description

Title: Certified Personal Trainer, Center for Balance, Mobility and Wellness, (Part-time)

Function: Under the direction of the Wellness Director, serve the comprehensive goals of the Center and the needs of its members and clients in a professional manner consistent with the Center's mission and with the College's institutional Christian values. The CPT will work one-on-one and in groups with members and program participants, helping them develop a healthy body, mind and spirit as they meet their fitness/wellness goals. Utilizing fitness/wellness knowledge and experience creating wellness programs for the 50+ year old population, the CPT will act as "fitness/wellness experts" for CBMW members, patients and clients.

Description of Duties and Tasks:

Essential Responsibilities:

1. Build relationships with CBMW members, patients, students, clients, program participants, guests, community members and organizations.
2. Work directly with clients, members, and patients to help them identify and achieve their fitness/wellness goals.
3. Manage a portfolio of Personal Training clients and track training packages; after 2 months from the date of hire, trainer must acquire and maintain at least 5 "training" appointments per week on monthly average. A training appointment is defined as a One on One training session, a Fitness Specialty Class, or a grant underwritten outreach program.
4. Teach cutting edge, evidence based wellness classes for the 50+ population
5. Perform wellness assessments/re-checks and member intake/patient transition appointments, creating baseline data and tracking assessment results over time
6. Maintain professional competence and up to date knowledge in the field of health and wellness through nationally recognized CEC providers.
7. Maintain professional appearance and attitude at all times.
8. All other duties as directed or required for the overall success of the department and organization.

Required Knowledge, Skills and Abilities:

In order to fully perform the above functions, an individual must possess the following knowledge, skills and abilities, or demonstrate that the major responsibilities of the job can be accomplished, with or without reasonable accommodation, using some combination of skills and abilities.

1. As a Christian Institution of higher learning, Gordon College employs those who share a vision and a lifestyle of calling, respect and grace. The successful applicant must demonstrate these values definitively. In addition to the exhibition of these core values, the candidate will have experience with and an appreciation for working with older adults in both a health and fitness setting and a physical therapy background. Our Strength For Life Fitness/wellness program delivers a wide range of wellness solutions for those 50 and over. Many of our clients and members come to us with underlying and/or chronic medical issues. Experience in a healthcare setting or physical therapy setting will be helpful to the candidate, as our Fitness program is a medically-based model.

2. Must be a minimum of 18 years of age
3. Must possess and maintain CPR, First Aid Certification
4. Must have current nationally recognized personal training certification (NCCA accredited)
5. Must have at least 400 hours of practical training/wellness programming experience
6. Possess ability and desire to work in a collaborative manner and to be open to input and feedback from colleagues
7. Possess effective and clear communication skills, particularly with staff team members and in daily interaction with members and clients;
8. General/basic knowledge of computer systems including Microsoft Office Suite and database management systems such as MindBody, Daxco, EZ Facility or the like.

Preferred Knowledge, Skills and Abilities:

1. Documented experience as a PT Aide, PTA, Exercise Physiologist or other technically based supportive role within the field of physical therapy.
2. Experience working in physical therapy, preferably in a setting which deals with neurological and gait disorders.

Hiring Range: \$24-26/hr