

WorkStrong Trainer (4128U) Recreation & Wellbeing,  
75192  
University of California, Berkeley

Direct Link: <https://www.AcademicKeys.com/r?job=252172>

Downloaded On: May. 12, 2025 10:43am

Posted Jan. 27, 2025, set to expire May 14, 2025

<b>Job Title</b>	WorkStrong Trainer (4128U) Recreation & Wellbeing, 75192
<b>Department</b>	Recreation & Wellbeing
<b>Institution</b>	University of California, Berkeley Berkeley, California
<b>Date Posted</b>	Jan. 27, 2025
<b>Application Deadline</b>	Open until filled
<b>Position Start Date</b>	Available immediately
<b>Job Categories</b>	Classified Staff
<b>Academic Field(s)</b>	Athletics and Recreation Services
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**Apply By Email**

**Job Description**

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**WorkStrong Trainer (4128U) Recreation & Wellbeing, 75192**

**About Berkeley**

At the University of California, Berkeley, we are dedicated to fostering a community where everyone feels welcome and can thrive. Our culture of openness, freedom and belonging make it a special place for students, faculty and staff.

As a world-leading institution, Berkeley is known for its academic and research excellence, public mission, diverse student body, and commitment to equity and social justice. Since our founding in 1868, we have driven innovation, creating global intellectual, economic and social value.

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We are looking for applicants who reflect California's diversity and want to be part of an inclusive, equity-focused community that views education as a matter of social justice. Please consider whether your values align with our [Guiding Values and Principles](#), [Principles of Community](#), and [Strategic Plan](#).

At UC Berkeley, we believe that learning is a fundamental part of working, and provide space for [supportive colleague communities via numerous employee resource groups](#) (staff organizations). Our goal is for everyone on the Berkeley campus to feel supported and equipped to realize their full potential. We actively support this by providing all of our full-time staff employees with at least 80 hours (10 days) of paid time per year to engage in professional development activities. Find out more about how you can [grow your career](#) at UC Berkeley.

### **Departmental Overview**

The Department of Recreation & Wellbeing provides competitive and recreational opportunities for students, faculty, staff and campus affiliated community members. In addition to the 30 sports clubs, the department offers a wide range of recreational activities and state of the art equipment.

### **Position Summary**

Provides instructional guidance and program activities related to health and fitness in an accredited environment; provides first aid and emergency care as necessary, and responds to user/customer needs

Educates the participants on fitness and health-related topics; conducts fitness assessments and personal training sessions, maintaining a high level of professionalism and confidentiality, designs and implements individual workout programs, demonstrates and coaches clients on the proper use of cardiovascular and strength equipment; discusses health and fitness goal setting; promotes safe technique and form when training.

### **Application Review Date**

The First Review Date for this job is: 1/3/2025

This is an ongoing hiring process with numerous positions available. Applications will be regularly assessed, and hiring will occur at various points throughout the year. The job listing will remain open for as long as applications are accepted.

### **Responsibilities**

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- 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 are expected to appropriately program/periodize the following types of training: strength, cardiovascular, flexibility, balance, speed/agility/quickness, plyometrics and core training. 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.<sup>10</sup>
- 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

- Working knowledge of program activity practices and required 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.
- Previous experience with instruction of fitness and recreation programs.

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- Previous experience working with age level specific to an activity is required.

#### Education

- High school diploma and / or equivalent certification / experience / training

#### Preferred Qualifications

- Health coaching experience
- Knowledge of campus policies and procedures.

#### Salary & Benefits

This is a 10% FTE, 12-month, part-time (4 hours/week) contract appointment, not eligible for UC benefits. This is a non-exempt, hourly paid position.

Under California law, the University of California, Berkeley is required to provide a reasonable estimate of the compensation range for this role and should not offer a salary outside of the range posted in this job announcement. This range takes into account the wide range of factors that are considered in making compensation decisions including but not limited to experience, skills, knowledge, abilities, education, licensure and certifications, analysis of internal equity, and other business and organizational needs. It is not typical for an individual to be offered a salary at or near the top of the range for a position. Salary offers are determined based on final candidate qualifications and experience.

The budgeted hourly range that the University reasonably expects to pay for this position is \$18.07 - \$55.00.

#### How to Apply

- To apply, please submit your resume and cover letter.

#### Driving Required

- A valid driver's license and DMV check for driving record is required.

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### Other Information

- This recruitment has 20 openings.

### Conviction History Background

This is a designated position requiring fingerprinting and a background check due to the nature of the job responsibilities. Berkeley does hire people with conviction histories and reviews information received in the context of the job responsibilities. The University reserves the right to make employment contingent upon successful completion of the background check.

### Mandated Reporter

This position has been identified as a Mandated Reporter required to report the observed or suspected abuse or neglect of children, dependent adults, or elders to designated law enforcement or social service agencies. We reserve the right to make employment contingent upon completion of signed statements acknowledging the responsibilities of a Mandated Reporter.

**SB 791 and AB 810 Misconduct Disclosure Requirement:** As a condition of employment, the final candidate who accepts a conditional offer of employment will be required to disclose if they have been subject to any final administrative or judicial decisions within the last seven years determining that they committed any misconduct; received notice of any allegations or are currently the subject of any administrative or disciplinary proceedings involving misconduct; have left a position after receiving notice of allegations or while under investigation in an administrative or disciplinary proceeding involving misconduct; or have filed an appeal of a finding of misconduct with a previous employer.

"Misconduct" means any violation of the policies or laws governing conduct at the applicant's previous place of employment, including, but not limited to, violations of policies or laws prohibiting sexual harassment, sexual assault, or other forms of harassment, discrimination, dishonesty, or unethical conduct, as defined by the employer. For reference, below are UC's policies addressing some forms of misconduct:

[UC Sexual Violence and Sexual Harassment Policy](#)

[UC Anti-Discrimination Policy](#)

[Abusive Conduct in the Workplace](#)

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**Equal Employment Opportunity**

[U.S. Equal Employment Opportunity Commission](#) poster.

The [University of California's Affirmative action policy](#).

The [University of California's Anti-Discrimination policy](#).

**To apply, visit**

[https://careerspub.universityofcalifornia.edu/psc/ucb/EMPLOYEE/HRMS/c/HRS\\_HRAM\\_FL.HRS.CG\\_S](https://careerspub.universityofcalifornia.edu/psc/ucb/EMPLOYEE/HRMS/c/HRS_HRAM_FL.HRS.CG_S)

**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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