

Personal Trainer (4128U), Recreation & Wellbeing -
61272
University of California, Berkeley

Direct Link: <https://www.AcademicKeys.com/r?job=226128>

Downloaded On: May. 9, 2024 12:06pm

Posted Nov. 21, 2023, set to expire Jun. 30, 2024

Job Title	Personal Trainer (4128U), Recreation & Wellbeing - 61272
Department	Fitness
Institution	University of California, Berkeley Berkeley, California
Date Posted	Nov. 21, 2023
Application Deadline	Open until filled
Position Start Date	Available immediately
Job Categories	Professional Staff
Academic Field(s)	Athletics and Recreation Services
Apply Online Here	https://apptrkr.com/4810368

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Job Description

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Personal Trainer (4128U), Recreation & Wellbeing - 61272

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

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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 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 [Guiding Values and Principles](#), our [Principles of Community](#), and our [Strategic Plan](#).

At UC Berkeley, we believe that learning is a fundamental part of working, and 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 staff employees with at least 80 hours (10 days) of paid time per year to engage in professional development activities. To find out more about how you can grow your career at UC Berkeley, visit grow.berkeley.edu.

Departmental Overview

This position is part of the Fitness Department at the Berkeley Recreation & Wellbeing. Our mission is to promote the knowledge, wellness, fitness, and an enhanced quality of life for students and campus affiliates. Our team of professional and student instructors, trainers, and support staff educate, motivate and empower the campus community to make healthy and enduring lifestyle choices. The Fitness team directly engages with our members and are critical to the development and promotion of a welcoming, inclusive, and engaging community.

Application Review Date

The First Review Date for this job is: December 4, 2023

Responsibilities

- Provides advanced or specialized activity instruction to program participants, individually or in groups.

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- Provides sessions at the RSF, other campus locations, or virtually through live-streamed and on-demand content.
- Appropriately programs/periodizes the following types of training: strength, cardiovascular, flexibility, balance, speed/agility/quickness, plyometrics and core training.
- Works 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.
- Works 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.
- Conducts 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.
- Ensures that fitness spaces provide a safe environment including the condition and proper storage of all equipment used during training sessions.
- Instructs 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 professional 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 and/or ability to learn program activity practices and procedures.
- Verbal and written communication skills in the English language, active listening, critical thinking, multi-tasking, time management skills, and dynamic flexibility in adapting to the needs of clients.
- Service orientation, program management, sound judgment and decision-making, critical thinking, develop original ideas, creative problem-solving skills in a varied and challenging environment.
- Client service minded, entrepreneurial spirit and creative thinking skills.

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- Basic skills in computer programs relevant to job duties.
- 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.
- Knowledge of and/or ability to learn campus policies and procedures.
- Previous experience with instruction of fitness and recreation programs.
- Previous experience working with age levels specific to an activity.
- Working knowledge of program activity practices and required procedures.

Education/Training:

- High school diploma and / or equivalent certification / experience / training.
- Current certification with one of the following NCCA accredited organizations: NASM-CPT, ACSM-CPT, NSCA-CPT, ISSA-CPT or ACE-CPT.
- American Red Cross or American Heart Association CPR with AED.

Preferred Qualifications

- Standard First Aid Training Certification.

Salary & Benefits

For information on the comprehensive benefits package offered by the University, please visit the University of California's [Compensation & Benefits](#) website.

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.

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The budgeted salary or hourly range that the University reasonably expects to pay for this position is \$18.07 - \$37.00 over 12 months.

This is a limited, variable position.

This position is not eligible for UC benefits.

How to Apply

To apply, please submit your resume and cover letter.

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.

Equal Employment Opportunity

The University of California is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status. For more information about your rights as an applicant, please see [the U.S. Equal Employment Opportunity Commission](#) poster.

For the complete University of California nondiscrimination and affirmative action policy, please see the University of California [Discrimination, Harassment, and Affirmative Action in the Workplace](#) policy.

To apply, visit

https://careerspub.universityofcalifornia.edu/psp/ucb/EMPLOYEE/HRMS/c/HRS_HRAM.HRS_APP_SCH

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Contact Information

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

Contact

N/A

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