

Student Staff Job Description

Position Title: Group & Aquatic Fitness Instructor **Department:** Campus Recreation
Date: 8/15/2020 **Compensation:** \$12.50

Western Oregon University is an AA/EOE/Veteran/Disability employer and is committed to fostering diversity in its student body, faculty, and staff. Job Announcements and interview questions will be developed from the information in this job description.

Position Summary:

The group/aqua fitness instructor is responsible for developing individual lesson plans, being familiar with various styles of class formats offered, supervising class participants, and leading instructional sessions. They are responsible for working adaptably with groups of students/members of various sizes, ages, and backgrounds. Instructors are also responsible to plan and manage classes and workouts that reflect the format that is intended to be taught so that all participants have a safe and positive experience.

Specific Duties/ Expectations of the Position:

- Continual supervision of all fitness/aerobics areas during class times to provide a safe and effective motivating environment for physical activity
- Continually assess the participants and their ability level; observe and teach good body mechanics
- Communicate to participant any concern or difficulty
- Constantly work with participants to enhance their knowledge of exercise, body alignment and safety
- Set up fitness/aerobics area prior to class
- Provide emergency assistance as necessary
- Tactfully enforce facility rules and regulations
- Complete records and reports in a timely manner
- Perform facility and miscellaneous duties as assigned

Requirements of the Position (minimum):

- Willingness and ability to work early morning, night, weekend, final and break hours
- Adherence of no reading, studying or use of non-CRD electronic devices will be allowed while on duty
- Current or previous experience teaching group fitness/aqua classes
- National fitness training

Outcomes of Student Employment:

- Writing skills, Verbal communication, Diversity, Functioning independently, Conflict negotiation, Problem solving, Preparation for employment outside of college, Learn about career options and See connection between work and academics

Working Conditions:

- Ability to lift 45 pounds regularly and 100 to 150 pounds occasionally; ability to walk and stand for extended periods of time
- Physical strength in back, arms and legs to be able to sweep and carry items
- Ability to bend, stoop, kneel, stretch and reach constantly
- Ability to work around water that contains chlorine and chalk (magnesium carbonate)
- The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

Other Information:

- This is a temporary work position. The position is subject to renewal prior to each academic term.
- Campus Recreation is open on some designated official university holidays. Employees are expected to work during holidays, break weeks and special events as scheduled.
- In case of inclement weather when classes are cancelled, employees are expected to report to work as scheduled.
- In-service trainings will occur before and during the term; they are mandatory.