Group Fitness Instructor  
University Recreation  
NC State University

The mission of University Recreation is to provide quality, innovative and inclusive collegiate recreation programs, services and facilities that inspire healthy, active lifestyles with a commitment to excellence, learning and student success.

University Recreation commits to foster a learning environment for our student employees that cultivate the skills of ethical reasoning, critical thinking, teamwork, initiative and professionalism. Programs and facilities are student run with professional coaching. The goal is to help develop students’ transferable skills and create a supportive and challenging environment for them to succeed in and out of the classroom.

University Recreation is seeking enthusiastic students to teach safe and effective group fitness classes.

Responsibilities

• Plan, prepare and instruct safe and effective group fitness classes
• Provide fun and motivational instruction and education on the benefits of healthy living through exercise
• Maintain knowledge of general fitness, wellness, anatomy, kinesiology and physiology as it relates to human movement and muscular conditioning
• Assist with maintaining stereo, music and equipment inventories
• Upkeep cleanliness of storage and sanitize equipment
• Understand and enforce University Recreation and Area Specific policies and guidelines
• Knowledge and implementation of Emergency Action Plan
• Attend required trainings
• Develop professional relationships with co-workers, participants and guests
• Uphold and exceed the expectations of University Recreation: ethical reasoning, critical thinking, teamwork, initiative and professionalism
• Assist as needed in all required departmental functions

Department Required Skills

• Effective interpersonal communication skills and presentation skills
• Commitment to customer service
• Demonstrate integrity, ethics and commitment to diversity and inclusion
• Maintain clean, appropriate and professional attire
• Commitment to promoting healthy, active lifestyles

Qualifications & Certifications

• Current full-time NC State student
• First Aid and Adult CPR/AED certifications should be current or obtained before position commencement
• Successful completion of the University Recreation Group Fitness Instructor Training Program and successful completion of an evaluation/mentor process administered by Fitness Professional Staff

AA/EOE

NC State University is an equal opportunity and affirmative action employer. All qualified applicants will receive consideration for employment without regard to race, color, national origin, religion, sex, gender identity, age, sexual orientation, genetic information, status as an individual with a disability, or status a protected veteran.
Individuals with disabilities requiring disability-related accommodations in the application and interview process, please call 919.515.3148.

Final candidates are subject to criminal & Sex offender background checks. Some vacancies also require credit or motor vehicle checks.

NC State University participates in E-Verify. Federal Law requires all employers to verify the identity and employment eligibility of all persons hired to work in the United States.

For More Information
• University Recreation Website, recreation.ncsu.edu

Reports to the Coordinator, Fitness