



## PERSONAL TRAINER

The UNB REDS mission is to provide our campus and community with excellence in wellness, sport and recreation. Our vision is to be national leaders in wellness, sport, and recreation excellence. REDS Recreation provides a variety of programming and services including memberships, aquatics, progressive instructional fitness-based classes, drop-in group fitness, personal training, fitness testing, intramurals, open recreation, and sport clubs.

**JOB TITLE:** Personal Trainer

**PROGRAM:** REDS Recreation / Faculty of Kinesiology

**SUPERVISOR:** Walker Blizzard, Strength Centre and Training Coordinator

**JOB DESCRIPTION:** REDS Recreation is searching for Certified Personal Trainer to perform assessments and work with clients in The Richard J. CURRIE CENTER.

- Administer an initial assessment to all clients. The initial assessment will consist of a consultation with the client to discuss health history and goals, movement/mobility assessment and any other assessment deemed appropriate for the individual client.
- Provide a customized physical activity, fitness, and lifestyle plan to help the client address any weakness identified and interests expressed, including individualized exercise prescriptions using various modes of exercise and exercise equipment.
- Design and lead exercise sessions with a client or group of clients.
- Schedule clients for sessions and track each client's session and packages purchased.
- Promote REDS Recreation's Personal Training services and the Personal Trainers.
- Other duties as assigned.

### QUALIFICATIONS:

- Current Certified Personal Trainer certification through the Canadian Society for Exercise Physiology (CSEP-CPT) or equivalent.
- Standard First Aid, CPR-C & AED
- Enhanced Police Information Check (E-PIC)
- Completed or completing a degree in Kinesiology or other health-related field is an asset.
- Certified Kinesiologist through New Brunswick Kinesiology Association is an asset.
- Additional workshops and certifications are considered assets.

**EMPLOYMENT:** Part-Time term position starting as soon as possible

**SALARY:** \$20-\$27 depending upon qualifications

**AVAILABILITY:** Days, Evenings, and Weekends

Please submit cover letter & resume to Walker Blizzard [walker.blizzard@unb.ca](mailto:walker.blizzard@unb.ca)