



CALIFORNIA STATE UNIVERSITY, STANISLAUS

Phone (209) 667-3354 ♦ www.csustan.edu/HR

EMPLOYMENT OPPORTUNITY

POSITION: GROUP FITNESS INSTRUCTOR

JOB #11/17

(Classified as: Casual Worker)

Multiple temporary hourly-intermittent positions available on or after September 12, 2011 and ending on or before June 30, 2012 in the Student Recreation Complex. Possibility of reappointment based on budget, department needs, and job performance.

ESSENTIAL DUTIES: Under the general supervision of the Director of the Student Recreation Complex, this position will promote health, wellness and recreation to students, staff, and faculty and serve as a group fitness exercise class instructor. Duties include, but are not limited to:

- Maintain one or more group fitness exercise classes during the fiscal year including exercise instruction and the distribution, re-organization, cleaning and care of equipment.
- Communicate regularly with professional staff on programs and with participants and clients according to their needs, schedules, and abilities.
- Attend regularly scheduled staff meetings.
- Perform other duties or projects as assigned.

QUALIFICATIONS:

- High school diploma or equivalent.
- Prior experience within the past twelve (12) months in leading Group Fitness classes.

PHYSICAL DEMANDS:

- Physically fit to lead class at the appropriate level.
- While performing the duties of this job, the employee is regularly required to stand, run, jump and/or walk.
- Frequently required to talk or hear in a loud environment.
- Occasionally required to sit; use hands to finger, handle, or feel objects, tools, or controls; reach with hands and arms; climb or balance; and stoop, kneel, crouch, or crawl.
- Occasionally required to lift and/or move up to 40 pounds.
- Specific vision abilities required by this job include close vision, distance vision, peripheral vision, depth perception, and the ability to focus.

SPECIALIZED SKILLS AND ABILITIES:

- Knowledge of leading Group Fitness classes.
- Possession of a strong background and interest in physical fitness and exercise with one or more certifications through a highly recognized professional organization (e.g. ACE, AFAA, ACSM, NSCA, or NASM), preferred.
- Knowledge and experience with a variety of Group Fitness classes preferred.
- CPR certification preferred.
- Ability to communicate with participants about warm-up and cool down exercises, stretching, flexibility, appropriate music, cardiovascular exercise.
- Possess motivational skills, fun and knowledge of exercise safety.
- Highly motivated with the ability to have the primary responsibility in supervising the exercise of participants.
- Ability to assist with the distribution, re-organization, cleaning and care of equipment for group fitness classes.
- Ability to sustain intense cardiovascular exercise for extended periods.
- The successful candidate must be fingerprinted and successfully pass a background check, which may include checks of employment records, criminal records, civil records, and motor vehicle records.

SALARY RANGE: \$15.00 to \$30.00 per hour, depending on qualifications. *Position will normally be hired at, or near, the entry rate.*

Continuously accepting applications. Applications will be screened immediately.

APPLICATION PROCEDURE: Qualified candidates should submit a completed CSUS employment application (download electronic application at http://www.csustan.edu/hr/employment_opportunities/staff/index.html) to:

California State University, Stanislaus · Human Resources Department
Mary Stuart Rogers Educational Services Gateway Building, Suite 320 (3rd Floor)
One University Circle · Turlock, CA 95382 · Phone: (209) 667-3354

Applicants requiring necessary accommodations to the application process may contact Human Resources at (209) 667-3351. California Relay Service is available at (800) 735-2922 voice and (800) 735-2929 TDD.

THOSE INDIVIDUALS WHO APPEAR TO BE THE BEST QUALIFIED FOR THIS POSITION WILL BE CONTACTED BY TELEPHONE FOR AN INTERVIEW.

CSU STANISLAUS IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION TITLE IX/SECTION 503/504 EMPLOYER. QUALIFIED WOMEN, MINORITIES, AND PERSONS WITH DISABILITIES ARE ENCOURAGED TO APPLY. CSU STANISLAUS HIRES ONLY INDIVIDUALS LAWFULLY AUTHORIZED TO WORK IN THE UNITED STATES. CLERY ACT: IN COMPLIANCE WITH THE JEANNE CLERY DISCLOSURE OF CAMPUS SECURITY POLICY AND CRIME STATISTICS ACT, CRIME REPORT STATISTICS ARE AVAILABLE AT www.csustan.edu/UPD/pages/CampusCrimeStatistics/index.html

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