

SF State Campus Recreation

Now Hiring

Non-Student Group Exercise Instructor

Starts at \$20/hr., 1-2 hrs/wk average

**Available to teach one or more classes per week between 12-2pm or
in the evenings after 6pm**

To apply: Submit your cover letter, resume, the attached Staff Availability Sheet filled out for the semester, and your answers to the supplemental questions below (use additional paper, if necessary) to fitness@mail.sfsu.edu. Past experience recommended, but not required.

1. Why do you want to teach group exercise classes at SF State?
2. What previous group exercise experience do you have?
3. Why do you like being a Group X Instructor?
4. What is a personal accomplishment that you are proud of?



www.sfsu.edu/~recsport

Campus Recreation Department
San Francisco State University

*(if you are an SF State student, please see Student
Group Exercise Instructor job announcement)*

Job Description

Non-Student Group Exercise Instructor

Purpose

The main responsibility of the Non-Student Group Exercise Instructor is to assist in Campus Recreation programming by instructing groups in exercise activities & the fundamentals of fitness. This person works under the supervision of the Student Manager for Fitness, who reports to Campus Recreation full-time staff. The Student Group Exercise Instructor also represents the Campus Recreation Department by providing customer service and other related duties.

Duties and Responsibilities

1. Responsible for supervising patrons by preventing and responding to emergencies in a calm and professional manner.
2. Administers First Aid and/or CPR appropriately.
3. Enforces all facility rules, regulations, policies and procedures.
4. Perform maintenance duties.
5. Remain focused despite distractions, possess the ability to evaluate situations, and make quick decisions resulting in solution-based actions.
6. Perform other duties assigned by management and/or student supervisors.
7. Maintain knowledge of Campus Recreation programs and participate in the planning and implementation of additional Campus Rec programs and activities as needed.
8. Offers various exercise techniques by leading instructional sessions to improve health-related physical fitness, manage health risk, and promote lasting health behavior change.

Qualifications

1. Prefer current ACSM, ACE, or any other reputable fitness certification, including current certification in professional-level CPR, First Aid, and AED. Specialty certifications are required (Zumba, TRX, Les Mills, etc.).
2. Must be a non-student at San Francisco State University. This position hired under the status of Casual Worker.
3. Available to teach one or more classes per week between 12-2pm or in the evenings after 6pm.
4. Must be able to pass a demo of their class.
5. Demonstrated interpersonal skills including strong communication skills, customer service skills, ability to enforce policy and perform under pressure, and working in a team atmosphere.
6. Must be able to work independently without direct supervision on a day to day basis.
7. Past experience recommended but not required.

Staff Availability Sheet

NAME: _____ **Semester/Year:** _____

Please block off the times you are regularly NOT AVAILABLE TO WORK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
NOON							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							
Midnight							

A fillable Scheduling Availability Sheet is available in MS Excel on the Campus Rec Employment page:

www.sfsu.edu/~recsport/employment.html

or you may print this out and submit it separately before the deadline.