

Job Profile

Job Profile Name:	Fitness Trainer
Job Code:	CADD-00002
Employee Group:	AMUSE Casual

Job Summary:

Under the direction of the immediate supervisor, the incumbent may perform some or all of the listed functions. Effectively deliver fitness courses or training activities to members of the McGill community.

Typical Functions:

1. Coordinate activities designed to meet group and personal fitness objectives.
2. Enthusiastically deliver fitness training activities for group classes and/or one-on-one sessions.
3. Perform fitness and body composition assessments.
4. Have a sound knowledge of how to perform activities safely, including use of correct posture and techniques, and educate participants accordingly.
5. Lead and supervise participants to facilitate their safe participation during activities.
6. Offer alternate modes of participation (e.g., lower intensity exercises) for participants with health limitations.
7. Know, enforce and follow all safety guidelines and understand all emergency procedures.
8. The list of functions outlined above is representative and not a complete and detailed list of tasks which may be performed by an incumbent.

Minimum Education, Certification and Experience:

- First Aid and CPR C Certification recommended (Required for aquatic positions)
- Required certification to deliver and coordinate the activity (e.g., Personal training certification, specific instructor certification for group fitness classes).
- English and French, spoken.
- High School Diploma with three years of relevant experience in the field of work