



**JOB POSTING**  
**PERSONAL TRAINER**  
**Part-time Position**  
**Trent Athletics & Recreation Department**

**Supervisor:** Fitness Centre Coordinator  
**Hours of Work:** varied during all hours of operation, including some evenings and weekends  
**Start Date:** Ongoing Recruitment  
**Rate of Pay:** \$17.60 - 25.00/hour

**ABOUT TRENT ATHLETICS & RECREATION:**

Dedicated to excellence, Trent Athletics & Recreation is committed to providing opportunities for Trent students and the community at large to become involved in a wide range of recreational, sport and leadership activities, at all levels, with the objective of encouraging and developing a healthy lifestyle.

**ABOUT THE POSITION:**

The Athletics Centre at Trent is currently accepting applications from certified personal trainers who possess qualifications in individual and group personal training.

We are looking for individuals to join our Fitness team, who are passionate about fitness and delivering exceptional results to clients. Our Personal Training Staff are the “nuts and bolts” of the Fitness and Lifestyle department, providing fitness knowledge, advice and guidance to Trent students and Members.

**Primary Responsibilities:**

Well-educated in the areas of human anatomy and physiology. Trainers perform physical assessments on new clients and decide on specific goals that the client should accomplish over the course of the training period. Trainers need to be able to display clear knowledge of designing and directing workout programs that are tailored to the client's needs and goals, teach and demonstrate the use of gym equipment, observe the client as he exercises and correct any improper techniques, maintain equipment, administer first-aid if necessary and, in some cases, advise the client in improving lifestyle and diet choices.

**Responsibilities:**

- Ensure that Trent students and community members receive an outstanding experience by providing a friendly and welcoming environment. This includes proactively greeting every individual and maintaining knowledge of programs, services, and processes.



- Respond to student/member inquiries and provide education and support on new reopening protocols, including: online workout booking system; wayfinding and traffic flow with the Athletics Centre; cleaning protocols; and physical distancing.
- Assess the needs and capabilities of individuals through fitness assessment procedures;
- Advise individuals on the correct method and use of exercise machines and devices including weights;
- Develop individual exercise programs for individuals based on age and fitness levels;
- Provide instruction in a variety of fitness activities including non-gym related activities;
- Motivate clients to work to his/her maximum and safe potential for the entire workout;
- Assure all exercises are done with proper form and technique maximizing results;
- Help clients develop realistic, attainable goals and continually modifying training objectives;
- Schedule appointments and present personal training options with prospective members;

**Qualifications:**

- Current Standard First Aid & CPR 'C'/AED certifications.
- Current Personal Training Certification (i.e. Can Fit Pro PTS, ISSA, CSEP or equivalent.)
- Exceptional customer service.

**TRAINING REQUIRED:** All training must be complete prior to starting first shift and the cost of training is the responsibility of employee.

- Police Record Check with vulnerable sector
- First Aid/CPR and AED
- Ministry of Labour Health and Safety Worker Awareness Training
- Workplace Violence and Harassment Training
- WHMIS (Workplace Hazardous Materials Information System Training)
- AODA Customer Service Training
- AODA – Integrated Accessibility Standards Regulation Training
- Information Security and Privacy Training

**TO APPLY:** Qualified applicants are invited to submit a resume and cover letter to [sport@trentu.ca](mailto:sport@trentu.ca).

Trent University is actively committed to creating a diverse and inclusive campus community and encourages applications from all qualified candidates. Trent University offers accommodation for applicants with disabilities in its recruitment processes. If you require accommodation during the recruitment process or require an accessible version of a document/publication please contact [lesliespooner@trentu.ca](mailto:lesliespooner@trentu.ca).

*While Trent Athletics & Recreation Department appreciates all applications, only those applicants considered for an interview will be contacted.*