The SouthFit program at the University of South Alabama’s Department of Campus Recreation provides group fitness classes and personal training services to students, faculty, staff, retirees, and alumni. The University of South Alabama is located in Mobile, Alabama and has an enrollment of approximately 16,000 students.

**Responsibilities**

Under the supervision of the Coordinator of Fitness Programs, the Graduate Assistant of Fitness will be responsible for assisting with the organization, programming, marketing, and scheduling of group exercise classes and staff, personal trainers, and special events, as well as equipment inventory & maintenance, utilization reports, and research of new equipment, trends, and program needs. Other duties include personal training clients, teaching group fitness classes, performing fitness assessments and health screenings, marketing programs, and possessing a commitment to a fit and healthy lifestyle. Regular evening and weekend duties are expected. 20 work hours per week are required.

**Minimum Requirements**

- Bachelor’s degree. Prefer degree in Exercise Science, Health Education, Physical Education, Sports Management, or related field, but others will be considered.

- Admission to the Graduate School at the University of South Alabama. Candidates should be pursuing a graduate degree in Exercise Science, Health Education, Physical Education, Sports Management, Educational Leadership, or related field.

- Current certification in First Aid, CPR, and AED.

- Current certification as a Personal Trainer (AFAA, ACE, ACSM, NSCA, NASM, or other accredited certification required.)

- Current certification as a Group Exercise Instructor (AFAA, ACE, NETA, ACSM, or other accredited certification required.)

- Proficiency in teaching a minimum of four of the following group exercise formats: Step aerobics, INSANITY®, High Intensity Interval Training (H.I.I.T.), Bootcamp, Suspension Training (such as TRX®), Aqua Fitness, Indoor Cycling (such as Spinning®), Strength/Weight
Training, PiYo®, Yoga, Pilates, Barre, or Dance-based aerobics (such as Zumba® or U-Jam®). Candidate will be expected to teach 3-5 group fitness classes per week, as well as sub on an as-needed basis.

- Proficiency in conducting fitness assessments and designing personal training sessions.
- Strong knowledge of social media outlets including Instagram, Snapchat, Twitter, and Facebook.

Preference given to candidates as follows:

- Possessing additional specialty certifications/trainings from organizations such as (but not limited to) Aquatic Exercise Association, Spinning, YogaFit, Zumba®, TRX®, or Beachbody®.
- Experience personal training and conducting fitness assessments.
- Membership and activity in a professional fitness or recreational organization such as IDEA, ACSM, or NIRSA.
- Possession of a valid driver’s license and maintenance of a driving record sufficient to maintain insurance coverage under the University of South Alabama.
- Exhibit a strong proficiency in both written and oral communication.

Compensation:

- Tuition and registration fee waiver plus stipend of $10,000 per academic year (Fall & Spring)
- Opportunity for summer employment

Start date: January 6, 2016 (Spring semester)

Interested candidates must submit a resume, cover letter, copies of all certifications, and three letters of recommendation to Sarah Schrenk, sarahrentz@southalabama.edu or mail to: Sarah Schrenk, University of South Alabama Student Recreation Center, 51 Stadium Blvd, Mobile AL 36688.

Position will remain open until filled. Preference given to candidates who apply before September 15, 2015. Questions may be sent to Sarah Schrenk at sarahrentz@southalabama.edu.