Fitness/Wellness Graduate Assistant

Availability: Spring 2012

Status: Applications accepted October 2011 until filled.

Contact Info:
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Required Application Documents: Cover Letter (stating experiences related to job expectations and personal benefit), resume, and 3 professional references (contact information - phone and email information)

DESCRIPTION OF THE QUALITIES AND RESPONSIBILITIES FOR THE POSITION OF FITNESS/WELLNESS GRADUATE ASSISTANT

1. Responsible for general supervision of the strength facility in the absence of the Director of Fitness/Wellness Center.

2. Assist in development and monitoring of fitness/wellness programs for facility patrons.

3. Teach proper lifting techniques and assist in spotting heavy and complex lifts.

4. Effectively and properly motivate individuals to excel to achieve maximum potential in all areas of fitness/wellness.

5. Instruct safe and effective spotting procedures to ensure the maximum effect of the exercise and the safety of the individual.

6. Direct and supervise the Winona Area Schools Fitness Programs as needed.

7. Develop and monitor strength and conditioning programs for assigned varsity athletic teams.

8. Responsible for fitness testing, computation of results, and evaluation of teams and individual student/athletes.

9. Instruct student/athletes on the safe and correct execution of flexibility, plyometric, speed, and agility exercises in order to obtain the desired levels of ability.

10. Work closely and communicate with other coaches in the athletic department concerning strength and conditioning.


12. Assist in hiring work study student attendants at the fitness center.

13. Responsible for scheduling and assist in management of staff in the fitness/wellness center.

14. Responsible for payroll of the work study employees.

15. Assist in maintaining/repairing fitness and weight equipment.

16. Other duties as assigned by the Director of the Fitness/Wellness Center.