

St. Cloud State University Campus Recreation Internship

Position: Fitness Center Associate / Weight Room Attendant

Job Description: Campus Recreation offers internship opportunities in fitness center management. The goal of our internship program is to increase technical and business skills, provide exposure to the worksite culture, expand knowledge of fitness programming, enhance program-marketing skills and provide professional opportunities for growth.

Interns will be trained to assist with the following duties:

- Welcome, greet and provide assistance to facility users.
- Provide safe and effective instruction of all cardiovascular and weight training equipment.
- Conduct Vital 11 equipment orientations.
- Maintain and clean exercise equipment.
- Marketing outreach and promotions of Campus Recreation programs.
- Enforces all facility and program policies.
- Manage ID checking stations
- Perform miscellaneous duties as assigned.
- Move equipment weighing up to 50 pounds.

Must Hold Personal Core Values:

- Exceptional customer service
- Teamwork
- Truly enjoying what you do
- Positive attitude
- Professional
- Honest
- Outgoing personality

Knowledge / Skills Required for the Job:

- Basic understanding of strength training and cardiovascular exercise.
- Passion for wellness
- Ability to work individually and as a team.
- Good communication skills.

Expectations:

- Presents a professional appearance and attitude. Dress code: workout shoes (no opened toed shoes), workout pants/shorts, Campus Rec shirt (jeans and street cloths not allowed because you must be prepared to jump on equipment), hats (other than SCSU) not allowed.
- Acts as an ambassador for Campus Recreation both at work and away.

Mentor Contact Information:
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