



SouthFit Job Application

University of South Alabama Department of Campus Recreation SouthFit Program Job Descriptions

Job Title: Group Fitness Instructor, Part-Time

Requirements: Must have a current CPR/AED certification and at least one group fitness certification from an accredited, nationally-recognized organization. Accepted certifications and trainings include AFAA Primary Group Exercise Instructor, ACE Group Exercise Instructor, NETA (any group or specialty certification), Mad Dogg Spinning® Instructor, YogaFit Level 1, Zumba® Instructor, and more.

Primary Job Functions: Lead group fitness classes at the University of South Alabama's Student Recreation Center. Fitness classes will be offered on a semester basis and run concurrent with the academic calendar. Regular & prompt attendance; ability to work schedule as defined.

All group fitness instructors who have taught less than one year with SouthFit must be available two weekends per month to teach a Friday evening, Saturday morning, or Sunday afternoon class. Instructors rotate based on availability.

Wage: \$12.00-\$17.00 per class based on experience and qualifications.

Job Title: Personal Fitness Trainer, Part-Time

Requirements: Must have a current CPR/AED certification and a current personal fitness trainer certification from an accredited, nationally-recognized organization. Certification can be from ACE, AFAA, NASM, NETA, ACSM, or NSCA. Other accredited fitness certifications will be considered. Applicants with a B.S. degree in kinesiology or exercise science with experience training clients will also be considered.

Primary Job Functions: Train clients at the University of South Alabama's Student Recreation Center. Regular & prompt attendance; ability to work schedule as defined.

Wage: \$12.00-\$20.25 per session based on experience and qualifications.

Both positions report to:

Sarah Schrenk, Assistant Director of Fitness and Camps
251-460-7268
sarahrentz@southalabama.edu



SouthFit Job Application

Name:	Date:
Mailing Address:	
City, State, Zip:	
Primary phone:	J#:
Email:	How often do you check it?
Emergency Contact:	Relation to you:
Emergency contact's phone:	

Education (list most recent):

College/University:	
Degree obtained:	Dates of Attendance:

Previous **Fitness** Experience (use the two most recent employers). ***If you have no fitness experience, list your two most recent employers.***

Employer:	Dates of Employment:
Contact Person:	Phone:
Number of classes or clients per week:	
Reason for Leaving:	
Employer:	Dates of Employment:
Contact Person:	Phone or Email:
Number of classes or clients per week:	
Reason for Leaving:	

See next page



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Fitness Certifications or Trainings (up to three most relevant). Your certifications **MUST BE CURRENT**.
Please include copies of your certifications, including CPR/AED.

Certification:	Expiration Date:
Certification:	Expiration Date:
Certification:	Expiration Date:
CPR/AED Expiration Date:	
Please describe why you want to work at the Student Recreation Center:	

USA Students, please check that you comply with all of the following:

- I am enrolled at least half-time (6 hours undergraduate students, 3 hours graduate students) and am a degree-seeking student.
- I am at least 18 years of age.
- I understand that if I withdraw from the university, I must cease working immediately.
- I have read and understand the Personnel Policy for Student Employees, found under “Policies” in The Lowdown.
- I understand that during my first year of employment with the Student Recreation Center, I must teach at least two weekend classes per month (group fitness instructors, applicable classes only).
- I understand that I must provide the proper I-9 and direct deposit documentation prior to hiring.

USA Faculty/Staff, please check that you comply with all of the following:

- I understand that if I cease my primary employment with the university, I must also cease working at the Student Recreation Center.