



SIMON FRASER UNIVERSITY  
Department of Athletics & Recreation  
Lorne Davies Complex  
8888 University Drive  
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[sfurec.ca](http://sfurec.ca)

## ONE-ON-ONE TRAINER

### JOB SUMMARY:

The One-on-One Trainer is responsible for providing professional personal training services for SFU Fitness personal training clients, either in the Fitness Centre or virtually online.

Reporting to the Fitness Manager, the One-on-One Trainer develops exercise programs based on the abilities and goals of the client or partner clients and administers personal training sessions. Activities include conducting consultations, orientations, instructing, program planning and goal setting. Additional responsibilities include set up, tear down, and promoting healthy and safe exercise and equipment usage. Maintaining up to date first aid/CPR and training certification is necessary for continued training.

### DUTIES AND RESPONSIBILITIES:

- < Ensure safe operations in the Fitness Centre.
- < Establish and maintain safe, positive and professional experiences with clients.
- < Maintain ongoing communication with clients, including but not limited to scheduling and answering questions.
- < Create personalized programs that are tailored to the needs and goals of the client or clients.
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and services, building community on campus, and providing transformative experiential learning opportunities.

Simon Fraser University is committed to the principle of