



APPALACHIAN STATE UNIVERSITY
University Recreation (UREC)
Graduate Assistant for Fitness & Wellness (Services)

Appalachian State University (App State) invites interested applicants for the position of **Graduate Assistant (GA) for Fitness & Wellness (Services)** to become a part of the University Recreation (UREC) team as we facilitate an inclusive environment where recreation and wellness opportunities transform, engage, and care for the App State community.

The *Graduate Assistant (GA) for Fitness & Wellness (Services)* is primarily responsible for working with the Assistant Director of Fitness and Wellness and the other GA for Fitness & Wellness (Programs) in the overall administration, supervision, and daily operations of a comprehensive Fitness & Wellness Services and Programs. With a team of two GAs for Fitness and Wellness and with the purpose of providing a comprehensive assistantship experience *both GAs will switch responsibilities after their first year.*

Major areas of supervision and administration responsibilities by GA position for their first year:

- *Services:* Weight Rooms, Personal Training, Outreach, and Communication.
- *Programs:* Group Exercise and Exercise is Medicine Programs.

This position serves on the UREC Leadership Team and reports directly to the Assistant Director of Fitness & Wellness.

You will succeed in this position if you are committed to

- Advocate for diversity, equity, inclusion, and social justice.
- Integrate Fitness with Wellness as a catalyst to empower student health and wellbeing.
- Be creative and innovative to invite everyone to play at UREC.
- Embrace and inspire a vibrant, active, and healthy community.
- Receive and provide feedback with a growth mindset.
- Be available to work in a flexible schedule that requires some evenings, weekends, and designated holidays.

Who we are

The Fitness and Wellness programs at University Recreation foster healthy lifestyles for lifelong wellbeing. You will join a UREC team that is creating an exciting environment, values collaboration, innovation, and inclusion, and is welcoming to all App State students, faculty and staff. We are creating a risk-taking workplace that supports the voices and contributions of employees at all levels, listens, and responds to our community. At University Recreation (UREC) we believe in an equitable University Recreation community with opportunities for everyone, with everyone. Learn more about UREC at this [link](#)

You will have the opportunity to:

1. *Fitness & Wellness Services (1st year of assistantship)*
 - Coordinate and co-lead with the Assistant Director the administration, design, and supervision of comprehensive and inclusive personal training offerings.

- Provide oversight for daily operations and risk management related to Personal Training and the Weight Room areas at the three UREC facilities: Quinn Recreation Center, Student Recreation Center, Mt. Mitchell Fitness Center.
- Collaborate with the mentorship, recruitment, hiring, training, supervision, and evaluation of student staff of 8-12 Personal Trainers, 2 Program Managers, and 25-30 Fitness Attendants.
- Manage the scheduling for student staff to ensure adequate staff coverage for weight rooms and personal training appointments.
- Co-instruct a Personal Training Program to educate new and existing student staff members.
- Design and implement Fitness and Wellness program outreach strategies and create traditional special events.
- Generate and maintain relevant and intentional content for UREC social media and the Fitness & Wellness website.
- Get certified as a Group Exercise Fitness Instructor (if you don't already hold this certification).

2. *Fitness & Wellness Programs (2nd year of assistantship)*

- Coordinate and co-lead with the Assistant Director the design, management, and supervision of a comprehensive and inclusive Group Exercise Fitness program.
- Assist to provide institutional leadership with our campus collaborators to maintain and further develop the AppState Gold Rated [Exercise is Medicine](#) program.
- Collaborate with the mentorship, recruitment, hiring, training, supervision, and evaluation of student staff of 15-20 Group Exercise Instructors and 2 Program Managers.
- Manage the scheduling for student staff to ensure adequate staff coverage for Group Exercise classes, weight rooms, and personal training appointments.
- Co-instruct a Group Exercise Fitness Training Program to educate new and existing student staff members.

3. *Student Development*

- Design, coordinate, and lead training opportunities that focus on the growth and development of student self-awareness, group fitness, leadership, wellness initiatives, and employability skill sets.
- Actively engage in reflection of personal identity and how it influences work with students and colleagues, which includes professional development opportunities.
- Teach CPR, AED, and First Aid classes for University Recreation Student Staff and App State community participants.
- Facilitate and develop a culture of care and learning environment that contributes to building a sense of belonging that supports UREC's mission, vision, and values.

4. *Equity, Diversity, and Inclusion*

- Hold self, students, and staff members accountable to departmental expectations of creating an inclusive environment at UREC through communication platforms.
- Incorporate social justice and inclusion competencies into practice through seeking to meet the needs of all groups, equitably distributing resources, and raising social consciousness.
- Maintain sensitivity to different perspectives and identities.
- Challenge cultural norms to perform change.

5. *Leadership and Support*

- Support the growing vision to develop and implement a plan to intentionally create inclusive opportunities integrating Fitness and Wellness initiatives.
- Participate and actively engage in the UREC Leadership Team initiatives by model UREC mission and vision.
- Assist with monitoring the Fitness & Wellness budget to include student payroll, and equipment and supplies purchasing.
- Review and maintain Fitness & Wellness program equipment for participant satisfaction and safety including periodic maintenance schedules, risk management inspections, equipment rotation, and scheduled replacement.
- Assist to develop and coordinate Risk Management and Safety trainings for student staff.
- Contribute to department-wide initiatives and opportunities through participation in committees, work teams, and tasks to contribute to the mission of UREC.

At a minimum, you should have

- Previous experience as a personal trainer.
- Current certifications requirements
 - o **Personal Trainer** through American College of Sports Medicine (ACSM), National Academy of Sports Medicine (NASM), National Strength and Conditioning Association (NSCA), and/or American Council on Exercise (ACE).
 - o American Red Cross CPR, AED, and First Aid Instructor (or willingness to become certified in the first three months of employment).
- Academic requirements:
 - o Unconditionally accepted into a Graduate School Program or working toward the completion of a Master's Degree at Appalachian State University.
 - o Maintaining a cumulative GPA of 3.0 or above.

The preferred candidate will have

- Preferred current certification:
 - o Group Exercise Fitness Instructor certification through the American College of Sports Medicine (ACSM), American Council on Exercise (ACE), and/or Aerobics & Fitness Association of America (AFAA).
- Practical experience and understanding of Collegiate Recreational Fitness programs.
- Practical experience in training and supervision of employees.
- At least one year of experience in a fitness program including personal training or group fitness instruction

Hours

The Graduate Assistant will work on average 20 hours per week. Because of the work with students and events, there will be night and weekend work periodically.

Salary and Benefits

- Stipend: \$9,000 per year (divided equally among the fall and spring semesters)
- In-state tuition scholarship: ~\$4,500 per year divided equally among the fall and spring semesters (final amount will be equal to approved in-state tuition)
- June and July employment is available at an equivalent hourly rate after your first year of employment.
- Professional Development Funds: \$300.00
- Parking Pass: \$276.00

How to apply

Contact Rich Campbell, Associate Director of Programs, at campbllrh@appstate.edu with the following materials:

1. Current Resume
2. Statement of interest which includes reference to the minimum qualifications.
3. List of at least three professional references.
4. Copies of all related certifications.
5. GPA upon graduation
6. GRE (verbal, quantitative, & writing) scores. [Exam Waiver Information](#)

Deadline to submit applications is February 3rd of 2023.

Priority will be given to applications received before January 31st of 2023.

Position is open until filled.

[More information at the Graduate Assistant Preview Program \(GAPP weekend\)](#)

This position is anticipated to start on August 7th of 2023 with the option of starting July 5th of 2023.

Please be aware that offers for assistantship positions are contingent upon acceptance into the University Graduate School and the specific [degree program](#) you are applying for. [Varying deadlines](#) exist for all applications, and it is the responsibility of the applicant to beware of these and apply accordingly. Applicants **MUST** be accepted into the [Graduate School](#) before they can be accepted into the degree program of their choice.

Some commonly related graduate programs with the offered graduate assistantship:

- [Master of Arts in Student Affairs Administration \(SAA\)](#)
- [Master of Arts in Higher Education](#)
- [Master of Science in Exercise Science](#)
- [Master of Public Administration](#)
- [Master of Business Administration](#)

More about App State University: As the premier public undergraduate institution in the state of North Carolina, Appalachian State University prepares students to lead purposeful lives as global citizens who understand and engage their responsibilities in creating a sustainable future for all. The Appalachian Experience promotes a spirit of inclusion that brings people together in inspiring ways to acquire and create knowledge, to grow holistically, to act with passion and determination, and to embrace diversity and difference. Located in the Blue Ridge Mountains, Appalachian is one of 17 campuses in the University of North Carolina System. Appalachian enrolls more than 20,000 students, has a low student-to-faculty ratio and offers more than 150 undergraduate and graduate majors. Learn more at <https://www.appstate.edu/about/>

More about Boone: Boone is a college town in the best sense — a place where people say hello on the street and a vibrant downtown is just a block from campus. Its eclectic hub, known as King Street, features specialty shops, restaurants, and cultural attractions. The surrounding Blue Ridge Mountains attract outdoor enthusiasts year-round for hiking, skiing, snowboarding, mountain biking, cycling, fishing, kayaking, rock climbing, and other activities. Learn more at this [link](#)

Office of Disability Resources Accommodations: Appalachian State University is committed to providing an inclusive experience, accessible learning [and working] environments and equal opportunity to individuals with disabilities in accordance with the Americans with Disabilities Act and Section 504 of the

Rehabilitation Act. Individuals needing reasonable accommodations should contact the Office of Disability Resources (828.262.3056 or odr.appstate.edu)

AA/EEO Statement: Appalachian State University is an Affirmative Action/Equal Opportunity Employer. The University does not discriminate in access to its educational programs and activities, or with respect to hiring or the terms and conditions of employment, on the basis of race, color, national origin, religion, sex, gender identity and expression, political affiliation, age, disability, veteran status, genetic information or sexual orientation.