



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

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

The **Graduate Assistant (GA) for Fitness (Services)** is primarily responsible for working with the Assistant Director of Fitness and Communications and the other GA for Fitness (Programs) in the overall administration, supervision, and daily operations of a comprehensive campus recreation Fitness program. With a team of two GAs for Fitness 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:* Personal Training, Exercise is Medicine on campus, ACE Personal Training Course, and outreach.
- *Programs:* Group Fitness, ACE Group Fitness Course, and Wellness Initiatives.

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

You will succeed in this position if you are committed to

- Be available to work in a flexible schedule that requires some evenings, weekends, and designated holidays.
- Be creative and innovative to invite everyone to play at UREC.
- Facilitate and nurture a team environment.
- Provide development and support to students through direction, constructive feedback, and hands-on learning opportunities.
- Build genuine connections between students to promote engaged communities.
- Embrace and inspire a vibrant, active, and engaged community.
- Leading multiple groups of students with multiple projects all happening simultaneously.
- Receive and provide constructive feedback with a growth mindset.

Who we are

Fitness services and programs with UREC foster healthy lifestyles for lifelong wellbeing. You will join a team that is creating an exciting environment, values collaboration, innovation, 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 UREC we believe in opportunities for everyone, with everyone. Learn more about UREC at this [link](#).

You will have the opportunity to:

Fitness Services (1st year of assistantship)

- Coordinate and co-lead with the Assistant Director the administration, design, and supervision of comprehensive Personal Training offerings.
- Integrate Fitness with Wellness as a catalyst to empower student health and wellbeing.
- Provide oversight for daily operations and risk management related to Personal Training.
- Facilitate the mentorship, recruitment, hiring, training, supervision, and evaluation of student staff of 10 - 12 Personal Trainers and 2 Program Managers (Personal Training and EIM).
- Manage the scheduling of clients to Personal Trainers.
- Co-instruct a Personal Training Certification Program to educate new and existing student staff.
- Assist to provide institutional leadership with our campus collaborators to maintain and further develop the App State Gold Rated [Exercise is Medicine](#) (EIM) program.
- Assist with organization of Fitness Neighborhoods which serve as the core resource areas for Fitness Services.
- Design and implement Fitness program outreach strategies and create special events.
- Generate and maintain relevant and intentional content for UREC social media and website.
- Get certified as a Group Fitness Instructor (if you don't already hold this certification).

Fitness Programs (2nd year of assistantship)

- Coordinate and co-lead with the Assistant Director the design, management, and supervision of a comprehensive and inclusive Group Fitness program.
- Collaborate with the mentorship, recruitment, hiring, training, supervision, and evaluation of student staff of 15-20 Group Fitness Instructors and 1 Program Manager (Group Fitness).
- Manage the scheduling for student staff to ensure adequate staff coverage for Group Fitness classes.
- Co-instruct a Group Fitness Certification Program to educate new and existing student staff members.
- Generate and maintain relevant and intentional content for UREC social media and website.
- Design and implement Fitness and Wellness program outreach strategies and create special events.

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.
- 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.

Risk Management

- Develop, coordinate, and lead Risk Management and Safety training for all student staff under Fitness Programs and Services.
- Monitor CPR/AED/First Aid Certifications and conduct safety audits for the Fitness Programs and Services student staff to ensure certifications are valid and up-to-date.

Departmental Leadership and Support

- Support the growing vision to develop and implement a plan to intentionally create welcoming opportunities integrating Fitness and Wellness initiatives.
- Participate and actively engage in the UREC Leadership Team initiatives.
- Contribute to department-wide initiatives and opportunities through participation in committees, work teams, and tasks to contribute to the mission of UREC.
- Establish effective and positive rapport with program staff, university personnel, students, and University Recreation users.
- Assist with monitoring the Fitness budget to include equipment and supplies purchasing.
- Teach CPR/AED/First Aid classes for UREC Student Staff and App State community participants.
- Review and maintain Fitness 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.

At a minimum, you should have

- Previous experience as a personal trainer.
- Current certifications requirements:
 - **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) (or willingness to become certified in the first three months of employment).
 - American Red Cross CPR/AED/First Aid Instructor (or willingness to become certified in the first three months of employment).
- Academic requirements:
 - Unconditionally accepted into a Graduate School Program or working toward the completion of a Master's Degree at Appalachian State University.
 - Maintaining a cumulative GPA of 3.0 or above.

The preferred candidate will have

- Preferred current certification:
 - Group 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

- Up to \$9,000 between the fall and spring academic semesters (\$12.00/hr)
- In-state tuition scholarship: Amount is equally divided among the fall and spring semesters (final amount will be equal to approved in-state tuition)

- June and July employment could be available at an equivalent hourly rate after your first year of employment.
- Professional Development Funds: \$300.00
- Parking Pass: \$396.00

How to apply

Contact Logan Reynolds, Assistant Director of Fitness and Communications at reynoldsla1@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.

Deadline to submit applications is February 28, 2025.

Priority will be given to applications received before January 31, 2025.

Position is open until filled.

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

This position is anticipated to start on August 1, 2025.

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 be aware 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. Please also see more information about the [Exam Waiver](#).

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 Appalachian 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. 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.