

Fitness Graduate Assistant

PROGRAM OVERVIEW

Campus Recreation and Wellness at East Carolina University provides the following programs and services for the campus community: wellness, intramural sports, fitness, informal recreation, club sports, adventure leadership programs, summer camps, and special events. Facilities include a state of the art 150,000 square foot Eakin Student Recreation Center; 30,000 square foot Health Sciences Student Center; an 18-acre multi-sport field complex; a team challenge course; and a 129-acre sports complex which includes eight sport fields, a six-acre lake, disc golf course, boathouse, walking/jogging trails, outdoor fitness equipment, sandy beach area, beach volleyball courts, and an Odyssey challenge course.

THE UNIVERSITY

East Carolina University, or ECU as it's best known, offers more than 85 bachelor's, 72 master's and 19 doctoral degrees to nearly 29,000 students on its Greenville, North Carolina, campus and through an acclaimed online learning program. The university's school of medicine is recognized nationally for producing primary care physicians, cardiovascular research, advanced robotic surgery as well as obesity and diabetes breakthroughs. ECU also boasts the largest business school enrollment and largest number of new nurses and education professionals produced by a four-year North Carolina university, in addition to the largest studio art program in the state. Located near Atlantic coast harbors where pirates once roamed, ECU adopted the "Pirates" mascot in 1934 for its athletics program and competes in NCAA Division I. The university has a globally recognized academic underwater archaeology program and enjoys a supportive relationship with the U.S. military services.

REQUIREMENTS FOR CANDIDACY

Bachelor's degree required from an accredited college or university. Preference is given to candidates specializing in exercise and sport science, recreation or business management, human resources and development or a related field. The candidate must possess an academic background which will satisfy the graduate entrance requirements of East Carolina University. Previous experience in instructing group fitness classes and/or personal training, managing group fitness instructors and/or personal trainers, fitness facility management, student staff development, program planning, assessment, and evaluation desired. Nationally accredited group fitness instructor certification and/or personal training certification required. Les Mills experience desired. CPR/First Aid Certification required within 90 days of hire. Les Mills BODYPUMP® or other special certification required or willingness to complete certification within set time frame. Duties will require weekend and evening hours. Must maintain current driver's license and satisfy university driving standards.

SCOPE OF POSITION

As a result of this Graduate Assistant position, students will have the opportunity to gain the following core competencies based on the ACPA/NASPA Professional Competency Areas for Student Affairs Practitioners:

- **Human & Organizational Resources:** Includes knowledge, skills and attitudes used in the selection, supervision, motivation, and formal evaluation of staff, conflict resolution; management of the politics of organizational discourse; and the effective application of strategies and techniques associated with financial resources, facilities management, fundraising, technology use, crisis management, risk management and sustainable resources.
- **Leadership:** Addresses the knowledge, skills, and attitudes required of a leader, whether it be a positional leader or a member of the staff, in both an individual capacity and within a process of how individuals work together effectively to envision, plan, effect change in organizations, and respond to internal and external constituencies and issues.

Campus Recreation and Wellness empowers student employees to become leaders by gaining valuable experience within a departmental Student Staff Leadership framework.

RESPONSIBILITIES

- Collaborate with Assistant Director of Fitness, Sr. Assistant Director of Fitness & Employee Well-Being, Director of Well-Being, Campus Recreation and Wellness team members, and student employees/interns to create a culture of well-being by offering world-class movement experiences and events
- Recruit, onboard, schedule, and evaluate multiple part-time student and contracted group fitness instructors, personal trainers, small group training coaches, fitness attendants, program managers, and interns in a multi-site organization
- Provide onsite support and management, including daily operations of a comprehensive movement & exercise program including group fitness, personal training, small group training, online training, general fitness, and special events for a multi-site location.
- Conduct regular walkthroughs, update technology platforms, build rapport with staff by supporting them while on shift, and serve as a liaison between part-time and full-time staff
- Provide recommendations for program purchases and updates policy, procedures, and guidelines in accordance with standards of care and fitness facility guidelines
- Assist with marketing, assessment, risk management and technology
- Serve as a teaching assistant for the ACE Group Fitness Instructor Academy and/or ACE Personal Training Prep Course
- Teach various land and aquatic based group fitness classes on an as needed basis.
- Design and implement personalized exercise programs for clients both in-person and in online environments.
- Evaluate data and provide regular reports on all aspects of the fitness program
- Deliver and present well-being related topics to constituents on and off campus
- Develop and nurture relationships with campus and community stakeholders.
- Represent the ECU community on local and regional health related committees/organizations.
- Provide support and collaboration to colleagues delivering public health content and programs including alcohol & other drugs, mental health & stress management, sexual health & healthy relationships, nutrition & body image, and overall well-being.
- Continue professional development through membership in professional organizations, attending and presenting at conferences and workshops, professional reading, and staying current with trends and issues pertinent to well-being. Contribute to scholarly articles, blogs, and publications.
- Other duties as assigned.

Diversity, Equity, and Inclusion Statement

In a commitment to Diversity, Equity, and Inclusion all CRW team members will:

- Actively contribute as a staff member of CRW and Student Involvement and Leadership to uphold the framework of equity and social justice.
- Advocate for awareness, understanding and the diversity and inclusion of all people in CRW facilities, programs and communications while providing a

commitment to work effectively with students, faculty, and staff from diverse backgrounds.

- Advocate for the educational and cultural benefits of providing diversity and inclusion in CRW.

DATES OF EMPLOYMENT & COMPENSATION

- Expected work dates are August 1, 2024 – May 2, 2025 (excluding all student observed holidays).
- Stipend of \$11,875.00, for 9½ months. Professional development support available. Full In-State Tuition and Student Fees included. Out of state students are responsible for paying the amount of the difference between out of state and in-state tuition. Room and board are the responsibility of the incumbent.
- This is typically a 2-year position with a satisfactory evaluation required to continue to second year.
- Position is open until filled. Applicant review will begin immediately.

APPLICATION PROCESS

- To apply for this position please email cover letter, resume, and a list of three professional references to Laura Witherington, Assistant Director of Fitness at witheringtonl24@ecu.edu or contact by phone at 252-328-4947.

Federal Law requires proper documentation of identity and employability at the time of employment. It is requested that this documentation be included with your application. East Carolina University is an affirmative action, equal opportunity employer and as such encourages applications from qualified women and minorities.