



Career Competency: Fitness Assistant

| What are the current responsibilities of this position? What are the students doing? | What career relevant competencies are developed in this position? | How to articulate response competence development? |
|---|---|---|
| <ul style="list-style-type: none">• Swiping ID's before participants enter group fitness classes• Communicating announcements to participants• Equipment inventory and organization• Tracking participation counts• Assisting Instructors to set up and break down for class• Monitoring the desk area & safety of patrons• Enforce Fitness Programs & building policies• Assist customers• Ensure equipment is clean and presentable and towels are provided for class• Provide emergency assistance as necessary | <ul style="list-style-type: none">• Communication• Organization• Professionalism• Ability to work independently and with others• Time management and prioritization• Flexibility• Initiative and responsiveness | <ul style="list-style-type: none">•••• |