Webfoot CrossFit Coach
Rec Fitness
Physical Education and Recreation

The University of Oregon and Department of Physical Education and Recreation, an AA/EO institution and department, strongly and actively strive to increase diversity within its community. Applications and interview questions will be developed from the information in this job description.

Position Summary: Develop and lead group workouts that utilize safe and effective movements through all class activities. Webfoot CrossFit classes contribute to the health and fitness goals of students, faculty, staff, SRC members and guests and should be enjoyable and highly motivational for all fitness and skill levels. Webfoot CrossFit Coaches are valuable team members of the PE & Rec Fitness Committee and ideas and feedback are crucial to providing quality services.

Major Duties:
• Ensure safety of participants, instruct patrons on effective workout methods
• Use equipment and participant management software to track equipment inventory, use and participation
• Provide individualized instruction while leading the entire group class (circulate around the room)
• Understand general signs and symptoms of physical exertion
• Vary exercise routines while complying with established formats and standards
• Identify muscle groups
• Report any facility or equipment problems promptly
• Answer questions regarding class activities and other related exercise concerns (within breadth of knowledge or make a referral)
• Inspire participants to achieve individual fitness goals
• Act as a liaison between participants, Fitness Services and other PE & Rec programs
• Promote a healthy image of moderation at UO Rec

Minor Duties:
• Educate members and/or guests on the policies and procedures of the Student Recreation Center
• Monitor and record accurate records of class participation
• Maintain music volume at an acceptable level and appropriate content
• Wear appropriate and moderate apparel
• Ensure appropriate use and return of fitness-class equipment
• Arrive 10 minutes early to class and be available/approachable after class
• Maintain up-to-date information on current fitness trends and movement
• Routinely check UO e-mail account and SRC mailbox
• Attend all Fitness and UO Rec training sessions and meetings
• Communicate any suggestions or concerns
• Secure a suitable substitute coach if unable to lead class and inform the Fitness Programs Coordinator
• Assist with staff orientation and training
• Support marketing efforts and special events
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Performance Expectations:

- Demonstrate organization and preparation for all classes by presenting a professional appearance, beginning and ending class on time, leading participants in an appropriate exercise sequence, and monitoring voice projection and music volume.
- Ability to communicate with a diverse population, including orienting new participants, addressing participants by name, while developing professional relationships and making yourself approachable at all times.
- Consistently build rapport with participants, by leading a fun and effective class setting incorporating an enthusiastic and motivational attitude, and providing positive feedback to the group and individuals.
- Demonstrate safe and effective exercise skill and technique while communicating correct anatomical terminology and providing exercise modifications to group and individuals accordingly.
- Show growth of fitness knowledge and skill development by being able to correctly, clearly and concisely cue and modify exercises to increase understanding and learning development in participants.
- Follow all policies and procedures as outlined by the UO Fitness Employee Manual.

Eligibility Requirements:

- Current student enrolled in a minimum of 8 credits (UO Preferred)

Skill Requirements:

- Good communication skills
- Working knowledge of human anatomy, kinesiology and training principles
- Knowledge of CrossFit coaching strategies, exercise and skill progressions and scaling options
- Demonstrated ability to manage and respond to emergency situations
- Ability to sustain aerobic activity for 45 – 90 minutes through a series of physical activities
- Ability to guide and care for self and others specific to position responsibilities.

Experience Required:

- Successful completion of PE Practicum or similar fitness training/education
- Must be comfortable in front of groups
- Appreciation of individual skills and diversity of class participants
- Ability to provide a positive environment free of discrimination for all class participants
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Certification Requirements:
• Current Adult CPR, AED and Standard First Aid from nationally accredited institution or ability to obtain within 30 days of employment
• CrossFit Level 1 certification (maintain CEU’s as appropriate)

Working Conditions:
• Position is contingent on a per term basis depending on department demand and schedule availability
• Potential contact with bio-hazardous materials
• Potential of working with members with health related illnesses and cardiac problems

Compensation:
• $10.00-20.00/hour; dependent upon experience level

Evaluation Process:
• CrossFit coaches will be evaluated once per year by the Fitness Programs Coordinator
• Coaches will also be asked to complete peer and self-evaluations once per year.
  o Instructors are able to review all evaluations completed.

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