

**Habib University**  
**Job Description**

<b>Position Title</b>	Fitness Instructor
<b>Department</b>	Student Affairs
<b>Reporting Relationship</b>	Manager Wellness
<b>Dated</b>	4 <sup>th</sup> June, 2015

**Scope of the Position**

The individual will be responsible to instruct groups or individuals regarding exercise activities, including cardiovascular exercise and stretching. Demonstrate techniques and form, observe participants and explain to them the correct measures necessary to improve their fitness.

**Summary of Key Functions**

**Specific Role:**

- Observe participants and inform them of correct measures necessary for fitness improvement.
- Instruct participants in maintaining exertion levels to maximize benefits from exercise routines.
- Offer alternatives during classes to accommodate different levels of fitness.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Provide students with information and resources regarding nutrition, weight control and lifestyle issues.
- Monitor progress and adapt programs as needed.
- Give emergency first aid if needed.

**Required Qualification, Experience and Skills**

**Qualifications and Skills Required**

- The applicant has to have sound knowledge regarding fitness exercises and relevant experience to apply for the position.
- Basic First Aid in case of accidents and emergencies