Job Description: Water Exercise Instructor

Basic Function
The water exercise instructor will conduct an instructional aquatic fitness program aimed at improved strength, flexibility, endurance, and cardiovascular fitness through water exercise classes. The water exercise instructor is accountable to the aquatics programmer and aquatics coordinator.

Qualifications
- Possess a current Adult CPR/AED/Standard First Aid for the Professional Rescuer or workplace training certificate within 180 days of employment.
- Possess a current American Red Cross Bloodborne Pathogens Preventing Disease Transmission certificate.
- Be in good physical condition.
- Possess a working knowledge of physical fitness including body processes, muscle groups, etc.
- Possess the ability to instruct/lead an exercise class with authority, incorporating personality, communication skills, personal physical ability, voice projection, etc.
- Complete the MTSU Recreation Center Water Exercise Instructor workshop or the equivalent.
- Possess United States Water Fitness Association Instructor certification.

Required Knowledge, Skills, and Abilities
- Knowledge of physical fitness and conditioning/training.
- CPR/AED/Standard First Aid for Professional Rescuer or workplace training certificate.
- Instructional ability.
- People/communication skills.
- The ability to perform water exercise at a reasonably fast pace while leading the class.
- The ability to meet all the qualifications for hiring through the MTSU personnel office.

Specific Duties and Responsibilities
- Conducting an effective water exercise program as prescribed by the Recreation Center and presented in the program guidelines.
- Preparing and maintaining required records/reports and submitting them to the appropriate person(s) in a timely manner.
- Properly using, maintaining, and storing all equipment and supplies associated with water exercise programs.
- Performing other related duties as assigned by the aquatic director.
- Assuring the safety of all patrons and one’s personal safety at all times.

Conducting oneself in a professional manner at all times!