

Job Description

Job Title : Gym Instructure
Position Reports To : Dean of Student Affairs

Job Location : Patiala

Main Purpose

Provides training and instruction of fitness programs to individuals and groups. The fitness instructor engages clients in exercise routines and weight loss programs, and helps them to reach their individual goals.

Qualification	<ul style="list-style-type: none">• Graduation preferably in Physical education• Any Certification course in Fitness education
Experience	<ul style="list-style-type: none">• Relevant Experience in the same field.

Specific Accountability & Job Responsibility

- Demonstrate the correct way to use exercise equipment
- Monitor the misuse of equipment
- Ensure the gym is free of health and safety hazards
- Deliver exercise classes and workshops
- Develop personal exercise plans
- Must Have Knowledge of Exercise Program Components Frequency, Intensity, Time.
- Explain exercises in detail and suggest alternatives if needed
- Monitor progress of client's fitness levels
- Explain the safe and proper use of gym equipment
- Any other task related to the gym as assigned per requirement from time to time.

Compensation

- Compensation will not be a constraining factor and will be the best in the sector.
- Interested candidates can send their CVs by email (amandeep.dhot@thapar.edu) by **26th Feb 2022**.