

Gym Instructor – La Trobe Sport Bendigo

Work type: Casual

- Casual
- Position based at the Bendigo campus

About the role

La Trobe Sport is a University initiative with the strategic goal of developing La Trobe University into the University of choice for Sport in Australia.

La Trobe Sport facilitates programs, partnerships, research and course developments to enable La Trobe to be the leading university in Australia for sport-related teaching and research, to support student participation in sport and sport related clubs and to actively engage the local community and schools through the use of its sporting facilities and sport services.

The successful applicant will be required to work in a small team of Gym Instructors from La Trobe Sport to deliver a high-quality experience for all members. The Bendigo Sports Centre is dedicated to providing a safe and inclusive environment for its members, no matter their experience or training goals, everyone is welcome.

Duties of this role include, but are not limited to:

- Providing excellent customer services to all stakeholders of La Trobe Sport as per our customer service charter
- Providing effective supervision of the gym facility to ensure the safety of all facility users
- Undertaking PARQ and fitness-based assessments for cliental, assessing their readiness for an exercise training program and implementing a structured session plan that is in accordance with their needs / goals
- Providing initial first aid treatment within the competencies of acquired training
- Attending to relevant tasks, checklists and duties associated with gym floor management and upkeep
- Provide group-based training for small groups of all demographics
- Attending relevant meetings and training sessions
- Attending training as required including but not limited to a minimum of two emergency training and two gym-based training sessions annually

Skills & Experience

- Strong gym-based knowledge, with the ability to contribute to the efficient and effective operations of the health and fitness team
- Provide fitness appraisals and exercise instruction, ensuring the correct use of free weights and pin-loaded machine equipment
- Sound communication & conflict resolution skills with the ability to negotiate with a diverse range of customers and/or community members
- Gym maintenance, cleaning of equipment and common areas following COVID-safe procedures
- Ability to follow set policies and procedures, with a primary focus on gym safety and a 'safety first' mentality for self and others
- Ability to work in a team and contribute to fostering a connected, innovative, accountable and caring culture

Required Qualifications

- HLTAID003 First Aid Level 2
- HLTaid001 CPR

Essential Compliance Requirements

To hold this La Trobe University position the candidate must:

- Hold, or be willing to undertake and pass, a Victorian Working with Children Check (employee); AND
- Take personal accountability to comply with all University policies, procedures and legislative or regulatory obligations; including but not limited to TEQSA and the Higher Education Threshold Standards.
- All staff must be fully vaccinated

How to Apply

Closing date: COB Tuesday 16th Nov 2021 (applications will be reviewed upon submitted)

Position Enquiries/Applications: Lara Daly; Regional Sport Coordinator – La Trobe Sport, T: +61 3 9479 7293
Email: lara.daly@latrobe.edu.au

Only candidates with full working rights in Australia may apply for this position.

Please submit a digital application ONLY and include the following documents to the above email address:

- Cover letter; and
- An up to date resume

Applications without a cover letter will not be considered.

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La Trobe University is an Equal Opportunity Employer.

All La Trobe University employees are bound by the Working with Children Act 2005. If you are successful, you will be required to hold a valid Victorian Employee Working with Children Check prior to commencement.
About La Trobe

La Trobe University's success is driven by people who are committed to making a difference. They are creative and highly motivated, pursue new ideas and create knowledge. La Trobe is one of Australia's research leaders, and the largest provider of higher education to regional Victoria. La Trobe University turned 50 in 2017, and over the half century of its existence it has established a reputation as an innovative and accessible university, willing to take risks and take on challenges. Our teaching and research address some of the most significant issues of our time and we're passionate about driving change through operational excellence to benefit the communities we serve.