



**YOUNGSTOWN  
STATE  
UNIVERSITY**

**CLASSIFICATION SERIES:**

N/A

**BARGAINING UNIT:**

N/A - Intermittent

**Group X Instructor**

**SERIES PURPOSE:** The purpose of the Group X Instructor occupation is to lead various group exercise classes.

**CLASS CONCEPT:** The class works under general supervision and requires knowledge of individual or group exercise in order to educate patrons on proper mechanics and skills. Promotes overall health and wellness.

**JOB DUTIES: Incumbents may perform some or all of these duties or other job-related duties as assigned.**

Designs safe and effective physical activity programs for individuals and groups of all ages utilizing goal setting, exercise science principles, and safety guidelines.

Demonstrates expertise in the desired area of instruction and adheres to all codes and procedures within the recognized scope of practice for each discipline.

Prepares all exercise areas and equipment utilized during classes and/or sessions.

Provides safe and organized instruction to all members no matter skill or experience level.

**OTHER FUNCTIONS AND RESPONSIBILITIES:** Assists with training new hires.

Performs any and all other duties assigned and/or required that are within the level of responsibility for this classification at the discretion of the supervisor.

**KNOWLEDGE, SKILLS, AND ABILITIES:**

Knowledge of: individual and/or group exercise; basic anatomy and kinesiology.

Skill in: written and verbal communication.

Ability to: organize and coordinate projects simultaneously and effectively; work cooperatively with patrons; complete and demonstrate safe exercises with the proper cues and techniques.

Effective 11/05/2024

(\*) Developed after employment.

**MINIMUM QUALIFICATIONS:** Possession of one nationally recognized group exercise certification; certified or willing to obtain certification in CPR/First Aid; demonstrated experience in recreation or a related field.

**PREFERRED QUALIFICATIONS:** Multiple nationally recognized group exercise certifications.

**REQUIRED CERTIFICATIONS, TRAINING, AND/OR LICENSURES:** Maintain a minimum of one nationally recognized Group Exercise Certification. Maintain CPR/ First Aid Certification.

**PHYSICAL REQUIREMENTS:** In accordance with the U.S. Department of Labor physical demands strength ratings, this position will perform light work.

**LIGHT:** work involves exerting up to 20 pounds of force occasionally, or up to 10 pounds of force frequently, or a negligible amount of force constantly to move objects, requiring: (1) walking or standing to a significant degree; (2) sitting most of the time while pushing or pulling arm or leg controls; or (3) working at a production rate pace while constantly pushing or pulling materials even though the weight or the materials is negligible. (The constant stress and strain of maintaining a production rate pace, especially in an industrial setting, can be and is physically demanding of a worker even though the amount of force exerted is negligible.)

**UNUSUAL WORKING CONDITIONS:** Not applicable