

Post Name

Gym Trainer

Introduction

GSFC University is incorporated under the Gujarat Private Universities (Second Amendment) Act 2014. The vision behind establishing this distinct University is societal development through relevant and cutting edge knowledge in frontier areas of professional growth. GSFC-U presently offers courses in Engineering, Science, and Management with major emphasis on skill development and producing industry ready manpower.

Individuals with strong inclination towards academics and having an innovative approach to develop industry- ready talent are invited to join our endeavor.

Explore a wide spectrum of opportunities ranging from administration to academics at GSFC University.

Roles & Responsibilities

The recruit shall be responsible for:-

- Design and implement diverse and effective fitness programs catering to the varying needs and fitness levels of university students and staff.
- Develop specialized programs for specific fitness goals, such as weight loss, muscle gain, and overall wellness.
- Conduct one-on-one and group training sessions to provide personalized guidance and motivation.
- Monitor and adjust exercise plans based on individual progress and feedback.
- Ensure the proper use of gym equipment and facilities.
- Conduct regular equipment inspections and coordinate maintenance as needed.
- Offer advice on nutrition and lifestyle choices to complement fitness goals.
- Stay informed about the latest trends and research in health and fitness to provide up-to-date information.
- Conduct fitness assessments for individuals to determine their current fitness levels and establish baseline metrics.
- Enforce safety guidelines and procedures in the gym.
- Be knowledgeable about emergency response protocols and provide assistance if needed.
- Promote participation in group fitness activities to enhance the sense of community.
- Actively engage with students and staff to understand their fitness needs and preferences.
- Foster a supportive and inclusive environment that encourages participation and a commitment to health and fitness.

Qualifications

- Certified Personal Trainer or relevant fitness certification.
- Bachelor's degree in Exercise Science, Sports Science, or related field preferred.
- CPR and First Aid certification.
- Strong interpersonal and communication skills.
- Knowledge of current fitness trends and health-related research.
- Previous experience in a university or educational setting is a plus.

Reporting

Associate Dean- SoS, GSFCU

Remuneration

Pay and other remuneration shall be commensurate with skills, qualification, experience and market trends.

The salary shall have following components -

- A. The core salary
- B. PF as per applicable statutory norms
- A. Increment based on PMS score as per the PMS policy for Non Teaching staff

Other Benefits

- Group Medclaim Insurance Policy and Group Personal Accident Policy
- Treatment at GSFC Medical Center on applicable terms

Selection Procedure**Stage 1 - Written Ability Test**

HR will conduct a written ability test of all present candidates. As a part of the procedure, you will be required to write an application/Essay/Paragraph on a given topic. This test shall comprise a weightage of 50 marks which will be required to be completed in 20 minutes. This test is to analyze the content for grammar, punctuation, and handwriting. Committee will assess the content and the qualifying score will be 30. Only qualified candidates shall be invited for the further rounds of selection procedure.

Stage 2 –Personal Interview

Interviews of the short listed candidates will be conducted by the committee members.

HR shall share Case Study/Assignment through mail in advance. The candidate is expected to complete the given case studies in PPT form and submit the same before the interview. This case study is specially designed to gauge the candidate's skills, competencies & how he/she approaches tasks and solves emerging issues relevant to his. /her field. The solved case study will be extensively discussed with the Selection Committee during the interview (if required).

Tenure of Appointment

The shortlisted candidate shall be given a regular appointment of 5 years. Initially, he/she will be on a probation/observation period of 1 year. The appointment may be extended/ renewed based upon the assessment of performance in accordance with the Performance management policy i.e. PMS for Non Teaching staff.

Location

Vadodara, Gujarat.