

**Fitness/Wellness Center
Personal Trainer Application**

I am applying for Fall Spring Summer

Today's Date _____

Name _____ Classification _____

Expected Graduation: _____ E-mail: _____

Phone _____ Degree Major _____

Degree Minor _____

List classes that you have taken pertaining to exercise, nutrition, wellness etc.:

Class:	Grade	Class:	Grade:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

List any related work experience or personal trainer experience you have:

Please place a check mark by any of the activities that you feel proficient in administering or teaching:

- | | | |
|---|--|---|
| <input type="checkbox"/> blood pressure | <input type="checkbox"/> skinfold percent body fat | <input type="checkbox"/> submax ergometer stress test |
| <input type="checkbox"/> nutritional analysis | <input type="checkbox"/> teaching weight training | <input type="checkbox"/> Flexibility testing |
| <input type="checkbox"/> Health Risk Analysis | <input type="checkbox"/> jogging clinic | <input type="checkbox"/> swimming clinic |
| <input type="checkbox"/> teaching First Aid | <input type="checkbox"/> exercise/nutrition seminar | <input type="checkbox"/> teaching smoking cessation |
| <input type="checkbox"/> cycling clinic | <input type="checkbox"/> leading walking clinics/workshops | |

List any other activities that you can administer or teach that might be offered in the SRC.

What is your professional goal upon graduation?

Please list 2 references:

Name	Phone number	Relationship
_____	_____	_____
_____	_____	_____

Personal Training Availability

Please enclose a copy of your class schedule and other commitments (i.e. weekly meetings, jobs etc.) with this application. ****CHECK ALL POSSIBLE HOURS YOU CAN WORK****

X =available *** = Not available**

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am						XXXXXXX	XXXXXXX
8:00am						XXXXXXX	XXXXXXX
9:00am							XXXXXXX
10:00am							XXXXXXX
11:00am							XXXXXXX
Noon							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							