

## CORE Fitness Performance Specialist Application

### **Major Duties and Responsibilities:**

- Support and articulate the CORE Fitness mission statement
- Develop safe, professional, dynamic, and comprehensive personal training programs to ensure clients are satisfied with their workout program and remain motivated to attain their personal fitness goals
- Monitor and instruct clients during personal training sessions on the safe and effective use of cardiovascular, flexibility, and strength training equipment
- Educate members on current health and fitness issues and trends
- Conduct comprehensive fitness assessment for new clients including medical history, goal setting, body composition testing, posture analysis, Functional Movement Screen TM, Y Balance Test, flexibility and balance testing, and core education.
- Deliver personal training programs based on referring physician's instructions as required
- Complete and maintain accurate and current client files
- Schedule and complete record keeping according to standard operating procedures
- Duties may include the following:
  - Conduct fitness assessments and new client orientations
  - Participate in various events, parties, meetings, etc.
  - Ensure cleanliness of the club
  - Establish new client contracts and payments
  - Maintain a healthy lifestyle
  - Adhere to company policies and procedures

### **Knowledge, Skills, Abilities, and Other Characteristics:**

- Passion for the field
- Ability to build relationships with clients and staff
- Excellent customer service and promotional skills; energetic, enthusiastic, and motivational
- Excellent interpersonal skills
- Extensive knowledge of fitness, cardiovascular training, nutrition, and program design
- Knowledge of safe exercise techniques, injuries, and ability to handle emergencies
- Ability to demonstrate exercises and adjust machine weights, free weights, and cardiovascular equipment
- Ability to multi-task and learn quickly
- Desire to learn
- Excellent time-management and organizational skills

### **Qualifications:**

#### Education:

- Four-year college degree in exercise science, kinesiology, sports medicine, exercise physiology, physical education, or other related field preferred (or actively pursuing)

#### Experience:

- One-year personal training experience desired
- Program design experience

#### Licenses / Certifications / Registrations:

- Level I Personal Trainer \*
- CPR/AED certification

\*Personal trainers can go through a certification program through various organizations, including the National Strength and Conditioning Association, American College of Sports Medicine, and National Academy of Sports Medicine.

**CORE Fitness Performance Specialist Application**

NAME \_\_\_\_\_

MAILING ADDRESS  
\_\_\_\_\_

CITY  
\_\_\_\_\_

ZIP  
\_\_\_\_\_

HOME TELEPHONE  
(\_\_\_\_\_) \_\_\_\_\_

WORK TELEPHONE  
(\_\_\_\_\_) \_\_\_\_\_

FAX  
\_\_\_\_\_

EMAIL  
\_\_\_\_\_

**Education**

NAME OF INSTITUTION	Location	From (Year)	To (Year)	UNDERGRADUATE OR GRADUATE	DEGREE AWARDED	MAJOR

List any related work experience or volunteer experience you have:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please circle any of the activities that you feel proficient in administering or teaching:

- Blood pressure
- Body fat
- Nutritional analysis

- Weight training
- Flexibility testing
- Health history
- Leading clinics/workshops
- Exercise/nutrition seminar
- Sports performance
- Posture
- Core stabilization

Other \_\_\_\_\_

List any other activities that you can administer or teach that might be offered as a personal trainer.

What are your short-term and long-term professional goals?

Please list 3 references:

Name Phone number Relationship

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**CERTIFICATION / CERTIFICATE PROGRAMS:**

You must have a current “Personal Trainer” certification or be eligible and attach documentation to support, or you must obtain a certification prior to personal training. Attach a copy of your certification or license and submit it with your application.

**Personal Training Availability**

List which days during the week and times that you will be available for work

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**STATEMENT OF VERIFICATION:**

I state that all information contained in this application is true, and I give CORE Fitness the right to verify my credentials. I understand that my employment at CORE Fitness will be immediately terminated if I have given false or misleading information.

Signature:

\_\_\_\_\_

Please print name:

\_\_\_\_\_

Date: \_\_\_\_\_

