



Personal Trainer Application

As a member of the CORE Fitness Personal Training Team, you will be responsible for providing various personal training services, both individualized and group programs, to safely maximize workout efficiency, improve fitness, and increase stamina, while providing an enjoyable fitness experience. Personal trainers assess clients' fitness needs, develop goals and a plan to achieve them, and motivate clients to reach their fitness potential.

Major Duties and Responsibilities:

1. 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
2. Monitor and instruct clients during personal training sessions on the safe and effective use of cardiovascular, flexibility and strength training equipment
3. Educate members on current health and fitness issues and trends
4. 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.
5. Deliver personal training programs based on referring physician's instructions as required
6. Complete and maintain accurate and current client files
7. Schedule and complete record keeping according to standard operating procedures.
8. Duties may include the following:
 - a. Fitness Assessments & New Client Orientations
 - b. Participate in various events, parties, meetings, etc.
 - c. Fitness Equipment Cleaning
 - d. Establishing new client contracts and payments

Responsibilities of All Positions

- Support and articulate the CORE Fitness mission statement
- Maintain a healthy lifestyle
- Adhere to company policies and procedures
- Ensure cleanliness of the club using all 5 senses:
 - Sight to ensure club is neat and orderly
 - Sound to ensure music/sound levels are appropriate
 - Touch to ensure floors, countertops, etc are clean and dry
 - Smell to ensure the club is fresh and odor free

Knowledge, Skills, Abilities and Other Characteristics:

- Ability to build relationships with members
- Excellent customer service and promotional skills; energetic, enthusiastic and motivational
- Ability to resolve conflicts in a professional, tactful manner
- Excellent interpersonal skills
- Extensive knowledge of fitness, cardiovascular training, nutrition and program design
- Knowledge of safe exercise techniques, and potential 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
- Excellent time management and organizational skills
- Ability to operate a computer and office software, Microsoft Word and Excel

Qualifications:

Education:

- High School diploma or GED
- Four-year degree in kinesiology, sports medicine, exercise physiology, physical education, or other related field preferred

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.

APPLICANT INFORMATION

NAME

MAILING ADDRESS APT

CITY PROVINCE

COUNTRY ZIP

() _____

HOME TELEPHONE

() _____

WORK TELEPHONE

() _____

FAX

EMAIL _____

I am applying for ___ Fall ___ Spring ___ Summer

Today's Date _____

Education

Complete the following and attach a copy of your diploma or transcripts.

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

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

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

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
- Skinfold percent body fat
- Nutritional analysis
- Teaching weight training
- Flexibility testing
- Health Risk Analysis
- Leading clinics/workshops
- Exercise/nutrition seminar
- Other _____

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

What is your professional goal upon graduation?

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: _____

