

## GREETINGS POTENTIAL LIVING WELL INSTRUCTOR,

Thank you for your interest in becoming an instructor with the Living Well Program at UC Davis. The Living Well Program offers a wide variety of programs and services including Group Exercise, Personal Training, Fit for Life 55+ Exercise Program, ACE certification preparation courses, Progressive Instructional Series (which includes, Dance, Martial Arts), small group training, and instructional Mind Body programs.

Living Well Programs are self-supporting, meaning they are supported by a fee. We provide instruction, equipment, motivation, and inspiration for our members to exercise in non-competitive and safe environments based on the common interests of the participating members. Living Well continues to grow primarily due to strong student participation and leadership. Instructors are representatives of the Department of Campus Recreation, and adhere to the rules, policies, and regulations established by the Department of Campus Recreation.

Our group classes are divided into two categories: *drop-in instruction* and *progressive instructional series*. Group Exercise classes are designed to be accessible by drop-in participation with purchase of a Group Exercise membership. Although classes may have recommendations based on fitness level or intensity of choreography, we do not require demonstration of these recommendations as a prerequisite to participate. Group Exercise classes follow ACE and ACSM guidelines and demonstrate one or more of ACE's component of physical fitness (muscular endurance, muscular strength, cardiovascular endurance, flexibility, and body composition). Classes are categorized by class format and/or "style".

Series courses are designed to cover a specific topic in a progressive manner over the period of the quarter. Pre-requisites may exist for an intermediate or advanced course such as a belt level/testing in Martial Arts, an audition for a dance class, or consent of the instructor to participate. Instructional courses follow a course syllabus and offer the opportunity to learn a new skill, such as Ballroom Dancing, in a smaller and progressive environment.

We appreciate your interest in our program, but due to limited instructor openings, we cannot guarantee that all applicants will be auditioned. Please read on for details, and do save the dates in case you are invited to an interview and audition. Please know that late arrivals at interviews or auditions will not be admitted. Please read this information carefully, as there are important deadlines, dates, and details. We look forward to receiving your application and learning more about you.

In Health,

Brian Luu  
Assistant Director, Fitness & Wellness

Reed Phinisey  
Coordinator, Fitness & Wellness

## **GENERAL INFORMATION**

Name:

Local Mailing Address:

Primary Phone:

E-Mail:

Major (if current student):

Expected Graduation Date:

ARC Membership #/ Student ID #:

ARC Membership Type (Check One):

☐ Student

☐ Staff

☐ Faculty

☐ Other

## **AUDITION/INTERVIEW OPTIONS**

**INSTRUCTIONS:** Due to the number of interested applicants, not all individuals submitting an application will have a confirmed audition time. We offer preferential hiring to current UC Davis students and have limited contract positions available to non-students. Each quarter varies in need for format, and at this time we are in most need of Pilates, Yoga, Judo, Kickboxing, Spin Certified Indoor Cycling, and strength training instructors.

Please review the following interview and audition times and rank your top three preferred times to interview from your top choice to the third choice.

All interviews will begin at the Fitness & Wellness Center, located on the first floor of the ARC, followed by the audition in the appropriate studio.

**AUDITION FORMAT (Circle one):** Zumba / Pilates /Step /Resistance Training / Group Cycling /Yoga (Specify style): \_\_\_\_\_ Kickboxing/TurboKick Dance (Specify style): \_\_\_\_\_ Martial Arts (Specify art): \_\_\_\_\_  
Other: \_\_\_\_\_

## **ADDITIONAL QUESTIONS (REQUIRED)**

Answer the following questions in on a separate piece of paper.

- 1) Why are you interested in instructing here?
- 2) Tell us one interesting and unique thing about yourself.
- 3) How would your last or current employer describe you?
- 4) Please tell us about your background in dance, sports, fitness, etc.

- 5) What can you bring to the program?
- 6) Do you have experience performing/presenting/instructing etc. in front of groups of people?
- 7) Provide copies of your certifications, belt ranking, Adult CPR with AED, and curriculum vitae that speaks to your experience instructing classes.
- 8) Provide a class or course description for your class format. Include equipment needed to instruct class, fitness level required, and outline what a sample class would like for us.