**A.C.E. Fitness Leadership Course: Personal Trainer Application**

http://cru.ucdavis.edu

530.754.2179

**Spring 2019 PT Course Application Instructions:**

Complete the Fitness Leadership Course Application and submit via e-mail to Reed Phinisey at rdphinisey@ucdavis.edu or dropped off in the Fitness and Wellness Center with attention to Reed.

### Important Dates and Deadlines:

**Application Deadline:** Friday, March 1, 2019 by 5 p.m.
**Interviews:** March 6 & 7, 2019 (Details included on the application below)
**Notification of Acceptance**: Friday, March 8, 2019
**Deadline to Pay Course Fee:** Monday, April 1, 2019

NAME:

LOCAL MAILING ADDRESS:

PRIMARY PHONE:

E-MAIL:

MAJOR:

EXPECTED GRADUATION DATE:

ARC MEMBERSHIP:

Yes (Circle One)

* Student
* Staff
* Faculty
* Other

No (Circle one)

* University affiliate
* General public

ARC MEMBERSHIP NUMBER:

INTERVIEW OPTIONS (Select all that work in your schedule):

The interview is a requirement to be considered for acceptance into the Fitness Leadership course. Due to the number of interested applicants, not all individuals submitting an application and interviewing will be accepted into the program, therefore, Fitness & Wellness staff will choose candidates based on student status and/or campus affiliation, the individuals’ interest level, conflicting time commitments, and general goals sought to obtain from the program.

Wednesday, March 6, 2019 Thursday, March 7, 2019

\_\_\_ 10-11 a.m. \_\_\_ 11-12 p.m.

\_\_\_ 2-3 p.m. \_\_\_ 1-2 p.m.

\_\_\_ 3-4 p.m. \_\_\_ 2-3 p.m.

**Please answer the following questions below on a separate document and submit with the application.**

1. Describe your experiences with fitness and wellness and how they relate to

the objectives of this course.

2. Do you consider yourself a role model in fitness? Explain.

3. What do you hope to learn from the course and how do you plan to utilize the

knowledge and skills obtained?

4. What is a message you feel is broadcasted to our country by the fitness industry? What is your

opinion about that message?

5. Pick a current fitness and wellness trend that has impacted college campuses.

6. Describe your leadership experience and skills.

7. List five adjectives that best describe you as a person and why?

8. List three reasons why you are the best candidate for the leadership program.

9. The course goes from April 2nd to June 6th. The class will occur weekly on Tuesdays from 2–3:30pm and Thursdays from 2–4pm. It is an expectation that you are available and present for all of the class times. Can you commit to this?