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

http://cru.ucdavis.edu

530.754.1048

**Fall 2021 PT Course Application Instructions:**

Complete the Fitness Leadership Course Application and submit via e-mail to Reed Phinisey at rdphinisey@ucdavis.edu.

### Important Dates and Deadlines:

**Application Deadline:** Sunday, September 26th by 5pm
**Interviews:** 9/29 -9/30 2021 (Details included on the application below)
**Deadline to Pay Course Fee:** Monday, September 27th

**Important Course Details:**

**Length (Weeks 2-9):** *10/5-12/2*

**Days/Times:** *Tuesdays (2-4pm) & Thursdays (2-5pm)*

**Cost:** Accepted applicants will have their course fee waived ($250.00 value). This does not include the test registration fee. Though this fee may also be waived if applicants maintain good standing and pursue student employment.

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

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, LivingWell 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, September 29th Thursday, September 30th

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

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

\_\_\_ 4-5 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 wellness including philosophy and promotion and how they relate to the objectives of this course.

2. Do you consider yourself an advocate of Wellness? 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 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 will last all nine-weeks of the Fall 21’ quarter. The class will occur weekly on Tuesdays from 2–4pm and Thursdays from 2–5pm. It is an expectation that you are available and present for all of the class times. Can you commit to this?