

Personal Training ACE Preparatory Course Application

Please fill out this application to the best of your ability, the answers will be used to determine acceptance into the course. This course requires at least 2 hours of dedication each week so take that into consideration before applying. Cost of course: \$50 to include classes and study materials.

After submission of your application, you will hear back from us within 3 business days on what the next steps will look like either way.

Name	Email	89#
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Are you currently a UREC Employee?

Yes No

If so, what is your current role?

What is your experience as a client or observer with either UREC personal training, or in general?

Please tell us why you are passionate about fitness and why you have decided to take that passion a step further.

Personal Training requires strong 1:1 and personal skills with people you do not know. Please describe experiences that you have had that have developed your personal skills.



What is your favorite modality of fitness and what are you most looking forward to implementing with clients? Why?

What qualities do you believe a well-rounded Personal Trainer should have? Tell us about a time when you embodied one of these qualities.

As a Personal Trainer, you will need to be flexible with your planning and adapt to the needs of your client. Tell us about a time when you were able to adapt to the needs of others on the spot.

This course will require at least 2 hours of your time each week for 10+ weeks. Please explain your time management skills and why this semester is a good semester to invest in this passion.

What do you think some of biggest challenges, you personally, will face as a new Personal Trainer.

How did you find out about this course?

SEND YOUR COMPLETED APPLICATION TO URECPT@LSU.EDU AS A SAVED PDF