



**University of
Wisconsin
Division of
Recreational Sports
Physique Personal
Trainer Program
Application**



APPLICATION FOR 2009- 2011 ACADEMIC YEAR

**RETURN TO: LORI DEVINE- FITNESS DIRECTOR
SERF 715 W. DAYTON ST.
MADISON, WI 53715**

Elements of Application & Checklist:

Requirements:

- 1. Must be UW Student (Full-Time) throughout training and employment duration (through 2009-11).**
- 2. Must attend all Classroom training and complete mentoring program.**
- 3. Must cover own expenses of American Council on Exercise national exam.**

Print clearly or replicate electronically

IF YOU MEET THE ABOVE QUALIFICATIONS YOU MUST COMPLETE THE FOLLOWING (check boxes to confirm you have completed all required elements of application.)

- 1. Personal Information: Complete the enclosed packet of questions.**
- 2. Contact Information: Provide the most current address, phone number or cell number, and the most frequently checked email address.**
- 3. Personal Statement: In 250 words or less, describe why you want to become a personal trainer.**
- 4. Essay: Describe in 500 words or less the traits you possess that will enable you to accommodate diverse populations of people (i.e. age, ethnicity, gender, exercise experience, health status, etc.)**
- 5. Experience/Resume: Complete the enclosed form that outlines prior employment, certifications (i.e. CPR/AED training, etc.), volunteer and/or work experiences, and awards/honors received.**
- 6. References and Letter of Reference: Provide 1 to 2 references AND 1 letter of reference. Letters from family members and friends are discouraged. Please include letter with application materials.**

QUESTIONS? Contact

Lori Devine, Fitness Director at devine@recsports.wisc.edu

Personal and Contact Information

Full Name _____

Date of Birth _____

Age _____

Sex: Male ___ **Female** ___

Estimated date of graduation _____

Academic Major _____

Student ID # _____

ACE exam preparation class you are applying for (check one)

January _____

June _____

Current Mailing Address

Telephone number _____

Cell phone number _____

E-mail address _____

Personal Statement

Write or type in 250 words or less why you want to become a personal trainer for Recreational Sports.

Essay

Write or type in 500 words or less the traits you possess that will enable you to accommodate diverse populations of people.

Experience

Education (list relevant Health-related, P.E. and Kinesiology courses):

Course Name and #	Course Title	# of Credits

Training (list any prior fitness or health club- related training or work experiences):

1. _____

2. _____

3. _____

4. _____

Certifications: (CPR, First Aid, fitness-related, other)

1. _____

2. _____

3. _____

Leadership Positions/Awards/Honors Received:

1. _____

2. _____

3. _____

Volunteer/Community Service (list most recent first):

Facility	Duties Performed	Dates of Service (mo/yr to mo/yr)

Previous Employment:

Name of position	Description of duties performed	Name of Business of Employment	Dates of Employment: Mo/yr. – Mo/yr.

Please provide 1- 2 contact numbers of references (list below):

Name	Number/email	Relationship to applicant

*** Be sure to attach your letter of recommendation.**

End of application.