

# Personal Trainer Interview Questions And Answers Guide.



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## Personal Trainer Job Interview Preparation Guide.

### Question # 1

What is personal trainer?

#### Answer:-

A personal trainer is a fitness professional involved in exercise prescription and instruction. They motivate clients by setting goals and providing feedback and accountability to clients. Trainers also measure their client's strengths and weaknesses with fitness assessments.

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### Question # 2

What is the relevance of a personal trainer in today's world?

#### Answer:-

Our world is extremely aware of health and fitness. If before it was enough to do calisthenics in front of the TV, today more and more people realize the benefits of having a personal trainer who can really help you to reach the best of your abilities.

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### Question # 3

What makes you a good personal trainer?

#### Answer:-

Personal trainers combine sports and health expertise with the ability to analyze a person's potential, and they arrange programs for optimal results. They have charisma and developed communication skills, part of their job is to explain and motivate clients. They beam health, fitness, and joy of physical exercise.

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### Question # 4

What are your professional qualifications?

#### Answer:-

A trainer's education may be a certification and coursework from a health organization, degrees in physical education and adult fitness and any relevant coursework or degree: psychology, biology, etc.

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### Question # 5

Are you proficient in the latest fitness equipment?

#### Answer:-

Like everything else in technology, fitness accessories and exercises change all the time. Personal trainers always stay current with the latest developments and products, which you can demonstrate by mentioning recent developments in the area.

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### Question # 6

Are you CPR certified?

#### Answer:-

Best Answer:

Yes I have completed my CPR with AED and First Aid training in October last year.

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### Question # 7

What experiences do you have with customer service?

#### Answer:-



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Currently work as a fitness instructor so have experience of customer service with a fitness setting. Also have worked in retail for over 6 years dealing with customers on a daily basis.

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### **Question # 8**

How do you keep your fitness training knowledge up to date?

**Answer:-**

You must be diligent in the fitness industry as it is constantly changing, keeping up to date with journals and read fitness magazines keep knowledge fresh.

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### **Question # 9**

What happens if a client injures him or herself during training?

**Answer:-**

Responsible trainers know CPR (certified training), have first aid ready, and a quick means to call an ambulance.

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### **Question # 10**

If you could pick a different career other than personal training, which would you pick?

**Answer:-**

I would be windsurfing and sailing instructor, because of my love to sport.

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### **Question # 11**

Give me a summary of a training program you would set up for a client strictly looking for weight-loss and toning?

**Answer:-**

Again would depend on the individual's specific needs and goals but would probably consist of weight training with high reps working at around 60% of their 1rm. Cardio training including lsd and hiit. Circuit training also effective.

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### **Question # 12**

What nutrition education have you received?

**Answer:-**

I read healthy magazines and articles all the time.

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### **Question # 13**

What is your personal experience with fitness and working out?

**Answer:-**

I have been working out and training since my high school days of playing football. I continued through college, and studied personal training in college.

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### **Question # 14**

Have you ever helped train a friend, how did that work out?

**Answer:-**

I helped many friends to achieve their goals, currently working with manager to lose weight for wedding and good friend to tone up for holiday.

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### **Question # 15**

Where do you see your career in five years?

**Answer:-**

In five years, I would like to have at least a few year's experience as a trainer under my belt and possibly return to school so that I can further my career" is a much better answer because it helps your employer better plan for the long-term.

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### **Question # 16**

Why do you want to work for us as a personal trainer?

**Answer:-**

I reviewed your company's mission statement and found it to be on target with my own goals. I feel that everyone has the right to a healthy, fit body and I would like to be associated with a company that is dedicated to helping its clients become physically fit.

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### **Question # 17**

What is your philosophy when it comes to training?

#### **Answer:-**

During my studies, I related best with the trainers who were patient with their clients and helped them realize that they could get fit if they were able to stay motivated. It is my philosophy that people need to find and maintain the motivation to stay healthy, and it is my goal to provide it.

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### **Question # 18**

Describe a difficult client and how you helped him/her?

#### **Answer:-**

During my training, my instructor was faced with the challenge of helping a client with multiple health issues become fit. Although it took a long time and plenty of communication with the client as well as the client's physician, the trainer was able to develop a plan that worked for the client and her condition. Today, the client is physically fit and completely healthy.

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### **Question # 19**

What do you think of resistance training for weight loss?

#### **Answer:-**

Resistance training is effective for weight loss because it burns calories during the workout and builds muscle, which cardio doesn't do. Every pound of muscle burns about 12 to 20 calories per day, so resistance training is the only way to change a person's basal metabolic rate. Thus it is effective for long-term weight loss.

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### **Question # 20**

What is your favorite animal?

#### **Answer:-**

Here it seems that the interviewer is trying to learn something about your personality, so now you want to answer accordingly.

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### **Question # 21**

Why should you bring proof of your credentials?

#### **Answer:-**

Bring proof of your credentials either originals or clean photocopies. Avoid embarrassing mistakes by reviewing the requirements for the job you are applying for before you interview, some entry-level training positions require only a basic trainer certification, but other positions may require advanced degrees or certifications, or a set number of hours of client work as a substitute.

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### **Question # 22**

Tell me about presentation for personal trainer?

#### **Answer:-**

As with any other job, you should do your best to project a confident, capable and professional appearance at interview time. Gauge your attire by what other trainers at the facility you're interviewing for usually wear, and remember that you may be required to demonstrate exercises or put somebody else through a workout.

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### **Question # 23**

List some steps to keep in mind while answering every kind of question asked?

#### **Answer:-**

Remember, follow these steps for every question that you are asked:

\*Listen to the question intently and alertly.

\*Ask yourself what the interviewer is really trying to learn.

\*Provide an answer that addresses what the interviewer is really trying to learn about you.

\*When possible, provide specific examples and use the question as an opportunity to tell the employer about one or more of the five qualities that you want to convey.

\*Remember that you have to say what you mean to say.

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### **Question # 24**

What are three essential exercises you would have any client do?

#### **Answer:-**

I would probably have to go with Squats, deadlifts and bench press. They are all compound exercises working the entire body of which all three incorporate the core and stabilizing muscles of the spine for overall muscle balance. For males, compound exercises also help to increase natural testosterone production compared to isolation exercises therefore seeing results faster.

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### **Question # 25**



Why did you decide to become a personal trainer?

**Answer:-**

I was always the smallest kid in my grade but the most athletic so I decided to build on that, people were always asking me how I do the stuff I do and I never knew the right answer so I decided the fitness industry was right for me.

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