

Personal Trainer Hiring Process for Cooper/Glimmerglass Fitness Centers

THE PURPOSE:

The Fitness Center provides personal training services to the membership so they have a greater opportunity to learn more about the fundamentals of exercise. Although personal training is fairly common at most fitness facilities, the service at Oswego is free with the purchase of a membership. We feel providing this free service will encourage more students and staff to make physical activity a greater part of everyday life.

For this program to be successful, we are heavily reliant on a successful personal training staff. Currently we have a staff of about 25 student personal trainers who average 2-4 clients at a time. To better serve the membership and our personal trainers, we are actively changing the procedure to become a personal trainer.

Personal training is a great collegiate work opportunity that is a rewarding experience and a fantastic resume builder. As a personal trainer, you will have the opportunity to enhance your leadership, time management awareness, communication and professionalism.

THE PROCESS:

If you are interested in becoming a personal trainer for the Fitness Centers, you must register to take **Introduction to Personal Training (HSC 232)** offered through the Health Promotion and Wellness department. The course is instructed by the Fitness Center Manager and will meet 12:30 – 1:35 on Mon/Wed/Fri or 12:45 – 2:05 on Tue/Thu. The course will cover the fundamentals of personal training and will prepare a student to take a national certification exam. Completion of the course, however, will not result in a certification. The class will be an engaging mixture of lecture and hands on work in the Fitness Center.

Students who are interested in becoming a personal trainer at the Fitness Center will then have to complete a one semester practicum prior to being hired. A student may receive credit for this practicum through the course **HSC 234 (Personal Training Practicum)**. During this 2 credit practicum, the student will have the opportunity to begin actual personal training under the guidance of the Fitness Center Manager. Students who successfully complete the practicum will be invited to become a paid personal trainer for the Fitness Center. Paid personal trainer spots are limited, so the selection process may be competitive.

FAQ:

How many spots are in the Introduction to Personal Training Class?

There are 19 spots in both sections. Currently, the class cannot handle more than 19 students per section.

What if I am not a Wellness Management Major, can I still take the class?

During registration, the class will be initially be open to majors and minors in the HPW department. If you are currently not a major or minor and are interested in taking the class, please email brian.wallace@oswego.edu.

I don't know a lot about exercise or my way around a gym, will that matter?

Although having some prior exercise experience will be helpful, it is not required. Through taking this class, a student can learn quite a bit about proper exercise technique and form.

Can I take the class without going on to become a personal trainer for the Fitness Center?

Of course, the class is open to anyone who can register for it.

What is the criteria to be invited to take the practicum?

Successful completion of HSC 232 with a B or better average (this may change).

What type of national certification exams are out there that this class will prepare me for?

The course curriculum will be based around the ACE personal training model, however the material will be helpful for many other certification exams such as ACSM, NASM, AFAA, and NSCA. Although the course covers much of the material on a certification exam, additional study and preparation will be needed.

Do I need a certification to train at the Fitness Center?

No, but having one by the time you graduate can open up potential job opportunities after college.

I am not interested in personal training as a career, should I still pursue this job?

YES! There are many dynamic skills you can learn from personal training that are transferable to other career opportunities. Many of our former personal trainers have moved on to a variety other career fields after they have graduated.

If you have any questions, please feel free to e-mail Brian Wallace (brian.wallace@oswego.edu).

