

**Recreation Services In-House Training  
Personal Trainer Training Program  
Fall 2006 Schedule**

- What:** Personal Trainer Training Program. Learn the basic “tools of the trade” and start your career as a personal trainer with Recreation Services.
- When:** Thursdays, 3:00-5:00 pm
- Where:** Lied Recreation Athletic Center
- Cost:** Non-refundable \$50.00 fee.
- Who:** Open to all Iowa State Students and all majors. All are welcome to attend the training, but only those who can commit to one year of service will be eligible for auditions and employment.  
(Spring 07 + Summer 07 **OR** Spring 07 + Fall 07 minimum requirement)
- Q & A:** Please contact Stephanie Eichler, Coordinator Fitness Programs  
515-294-6905  
seichler@iastate.edu

**Tentative Training Schedule**

	<b>Date</b>	<b>Time</b>	<b>Agenda</b>
	<b>Tuesday, September 5</b>	<b>6:15 pm</b>	<ul style="list-style-type: none"> <li>• <b>Informational Meeting</b></li> </ul>
Session 1	Thursday, Sept 7	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Information Gathering/Assessments</li> </ul>
Session 2	Thursday, Sept 14	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Anatomy</li> </ul>
Session 3	Thursday, Sept 21	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Toolbox Toys</li> </ul>
Session 4	Saturday, Sept 23	8:00-10:00 am	<ul style="list-style-type: none"> <li>• Weight Room Workout #1</li> </ul>
Session 5	Thursday, Sept 28	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Exercise Progression</li> </ul>
Session 6	Thursday, October 5	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Program Design</li> </ul>
Session 7	Thursday, October 12	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Client Scenario</li> </ul>
Session 8	Saturday, October 14	8:00-10:00 am	<ul style="list-style-type: none"> <li>• Weight Room Workout #2</li> </ul>
Session 9	Thursday, October 19	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Review</li> </ul>
Session 10	Thursday, October 26	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• Written Exam (phase #1)</li> </ul>
Session 11	Mon, Oct 30-Wed, Nov 16	TBA	<ul style="list-style-type: none"> <li>• Practical Audition (phase #2)</li> </ul>
Session 12	Thursday, November 30	3:00-5:00 pm	<ul style="list-style-type: none"> <li>• New Hire Employee Training #1</li> </ul>
Session 13	Mon-Fri, Dec 4-15	TBA	<ul style="list-style-type: none"> <li>• New Hire Employee Training #2</li> </ul>

**PERSONAL TRAINER TRAINING PROGRAM  
REGISTRATION FORM**

**Getting Started:**

1. Complete Registration Form
2. Submit payment and form to Recreation Services, 2220 State Gym
3. Payment must be made prior to the first session

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

MAJOR: \_\_\_\_\_ YEAR IN SCHOOL: \_\_\_\_\_

ANTICIPATED GRADUATION DATE: \_\_\_\_\_

FINAL SEMESTER AT ISU (this should not include your internship): \_\_\_\_\_

1. Please list and academic coursework relevant to the fitness profession

2. Your experience with personal training?

3. Your experience with fitness testing?

4. Please check what sections of personal training are not clear to you/something you struggle with understanding

\_\_\_\_\_ Program Design

\_\_\_\_\_ Sets/Reps/Loads

\_\_\_\_\_ Fitness Testing

\_\_\_\_\_ Muscle Groups

\_\_\_\_\_ Joint Actions

\_\_\_\_\_ Exercise Technique

\_\_\_\_\_ Role as a Personal  
Trainer

\_\_\_\_\_ Exercise  
Progressions

\_\_\_\_\_ Exercise Variety  
Different Equip.

5. Your personal fitness routine

6. What qualities do you think a personal trainer needs to possess in order to be successful?

7. What are your expectations for this in-house training program?