

# **Gym Instructor Job Interview Questions And Answers**



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## Gym Instructor Interview Questions And Answers Guide.

### Question - 1:

Explain me what do you do for a job?

#### Ans:

I'm a personal trainer and a fitness instructor so I'm basically paid to be the giant pain in the ass who gets people out of bed and exercising every day!

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### Question - 2:

Tell me what do you do to enhance clientele?

#### Ans:

I maintain a client referral list and make cold contacts; I also promote the gym and fitness services via face book and other social media platforms.

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### Question - 3:

Explain me a successful training session?

#### Ans:

A successful training session is that, when you and your client attain the goal of your training, that the client satisfy the outcome of the several session you've done. that the client see the result itself.

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### Question - 4:

Tell me how do you keep your fitness knowledge up to date?

#### Ans:

I browse the net for new and upcoming products or exercise techniques in the market. I try read as much as possible but most the knowledge comes from chatting to other trainers.

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### Question - 5:

Tell me what workouts do you enjoy?

#### Ans:

Be honest here -- but also keep in mind that the employer might be trying to understand what you're passionate about and what you'll be well-suited to do at the facility. If the employer is looking for someone to do extensive weight training workouts with clients, for example, it might be a good idea to tell him that you enjoy weight training.

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### Question - 6:

Explain me why did you decide to become a personal trainer?

#### Ans:

First of all I like to help people and I like to motivate people. And also my dad has diabetes and I would like to help people like my dad who have diabetes and struggle with their health and get them to a place of optimum health and fitness.

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### Question - 7:

Tell us do you have any relevant certifications?

#### Ans:

I am an ACE and AFAA certified gym and fitness trainer.



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**Question - 8:**

Tell me how will you find new clients?

**Ans:**

Once again, a sales question. The employer probably won't want to hear that you're going to wait for new clients to simply walk in the door. Talk instead about how you use social media, blogs, conferences and networking events, and business cards or promotional materials to bring in your own clients.

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**Question - 9:**

Tell me how do you develop rapport with clients?

**Ans:**

Establishing rapport with a client is paramount to keeping them coming back. To prepare for this important question, review the fitness trainer materials you used when you obtained certification, so the basic tenets of client rapport are fresh in your mind. That includes taking time to learn the client's likes and dislikes and maintaining good communication, reminds the American Council on Exercise.

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**Question - 10:**

Explain what nutrition education have you received?

**Ans:**

As part of my PT training I was required to go on a nutrition workshop, which taught the usefulness of macro-nutrients rather than focusing sourly on caloric content.

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**Question - 11:**

Explain me about your qualifications as a gym instructor?

**Ans:**

I am an expert in designing and implementing personalized exercise and diet programs based on the clients' goals and targets. I also have profound ability to recruit and retain clients, provide fitness equipment handling instructions and assess clients on regular basis. I am an expert in directing rehabilitation exercises following a sports or other injury.

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**Question - 12:**

Explain me what do you dislike about your job?

**Ans:**

I'm only human - some days I just want to chill out with a pizza in front of a movie but I have to get up and run with a client in a wintry field. Not good.

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**Question - 13:**

Explain me are you proficient in the latest fitness equipment?

**Ans:**

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 - 14:**

Tell me what education have you acquired in the art of sales?

**Ans:**

I worked at Bath and Body Works for almost two years, so I got retail experience. While working there my managers would help us to become better sales associates. We would set goals each day and aim to accomplish them, such as selling a certain number of products or add ones at the counter, etc.

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**Question - 15:**

Explain me why do you want to work here as Gym Instructor?

**Ans:**

With this question, employers want to know that you're invested in the company and that you've done your homework. A variation on this question is "what do you know about our company?"

As such, the way to answer this question is to tell the employer some of what you know about the company, and to list a few of the qualifications or skills you have that make you a good fit for the company's style and client base.

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**Question - 16:**

Is this your childhood dream or something you just fell into?



**Ans:**

Actually this is my second career and neither of my jobs lived up to my childhood dream of racing car driver (it took me three attempts to pass my driving test so obviously it wasn't meant to be!).

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**Question - 17:**

Tell me what would you do if a client is injured during a workout at the gym?

**Ans:**

Such situations rarely occur since I am very vigilant and guide the clients thoroughly as they use the gym equipment. However if it does happen, I am CPR certified and fully capable of providing first aid and calling an ambulance if needed.

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**Question - 18:**

Tell me why should we hire you over someone else?

**Ans:**

Because I know that I can deliver more than they probably can, I also have the knowledge and experience to do it, I know that I have a lot to learn and I am willing to undergo training to be more qualified for this position.

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**Question - 19:**

Explain me have you ever helped train a friend? How did that work out?

**Ans:**

I did help a lot of friends to train well if you have a look at almost all my high school friends everyone is ripped or big or even competing in bodybuilding shows because they were inspired by me..I was always there for all my friends either with a fitness program or being their trainer.

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**Question - 20:**

Explain me if you could do any other job/career what would you choose and why?

**Ans:**

I have never forgotten my dream of driving Formula One!

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**Question - 21:**

Tell me what techniques would you employ to increase your clientele?

**Ans:**

I would be very approachable and likeable. I would always keep a smile on my face and approach clients where I see fit and engage in conversation.

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**Question - 22:**

Explain me how do you keep an aerobics group motivated throughout the exercise?

**Ans:**

I would use good music, keep enthusiastic, make the class enjoyable by keeping it fresh and challenging the clients.

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**Question - 23:**

Tell me how do you determine a person's workout potential to avoid pushing them to the limits?

**Ans:**

During the initial assessment and first few days I am usually able to judge the client's potential by observing their performance and do not push them further than that. One indication of client's threshold is that the client stops enjoying the workout after a certain time. That for me is the biggest pointer that the person has reached his or her limit.

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**Question - 24:**

Basic Gym Instructor Job Interview Questions:

**Ans:**

- \* What is your philosophy of personal training?
- \* How many members does the health club have?
- \* What's the average age of a member of the health club?
- \* What do you feel is the biggest issue facing your fitness department today?
- \* How many clients does your average personal trainer have?
- \* How many clients does your average personal trainer see per day?
- \* What is the split in revenue between the club and the personal trainer? Tip 50/ 50 is usually average.
- \* How do personal trainers obtain their clients?
- \* Are personal trainers only paid when doing personal training or is there an hourly wage also?



\* Do personal trainers with more fitness certs make more money per client?

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### Question - 25:

General Fitness Instructor interview questions:

#### Ans:

- \* What qualities should a successful manager possess?
- \* What kind of person are you?
- \* What would you do differently if you were in charge of this company?
- \* What is your definition of intelligence?
- \* Tell me about a problem you solved in a unique way.
- \* What qualifications do you have that make you think that you will be successful?
- \* Why did you contact me?

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### Question - 26:

Expected Gym Instructor Interview Questions:

#### Ans:

- \* What is health?
- \* What do you mean by exercises?
- \* What is the basic purpose of exercises?
- \* What is warm-up? What is its importance?
- \* Which exercises are done for warm-up?
- \* In which sequence are warm-up exercises done? And why?
- \* What are the different categories of exercises?
- \* What are cardio exercises? What is their main purpose? Give some examples?
- \* What is interval cardio?
- \* What is weight training? What is its main purpose?
- \* What is resistance training? What is its main purpose?
- \* What is the difference between weight training and resistance training?
- \* What is a body-building schedule?
- \* Which exercises are done for development of shoulders? (He may ask about any other muscle group.)
- \* What is cool-down? What is its importance?
- \* How is cool-down done?
- \* What is the relation between warm-up and cool-down?
- \* Besides health, what are the other things necessary for good health?
- \* How is frequent sex or masturbation dangerous to health?
- \* What is the psychological relation between character and health?

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### Question - 27:

Difficult Fitness Instructor job interview questions:

#### Ans:

- \* What type of people do you like to work with?
- \* Why were you transferred/promoted?
- \* What two to three accomplishments have given you the most satisfaction?
- \* What major challenges and problems did you face?
- \* What contributions do you think that you could make to this company?
- \* What do you feel are your outstanding qualities?
- \* What have you done to improve your knowledge in the last year?

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### Question - 28:

Top 20 Gym Instructor Job Interview Questions:

#### Ans:

- \* What does a person need to be a good gymnastics teacher?
- \* Where do you see yourself in five years?
- \* What part of this job do you think would be most important?
- \* How would you handle a six-year old boy who wouldn't stand where you told him?
- \* What would you do with a crying three-year-old?
- \* What would you do with a four-year-old who wouldn't participate?
- \* What if a child was hitting another student?
- \* Finish these sentences: What children want most from a class is... What parents want most from a class is... The best way for a child to learn is ... I would discipline a child by...
- \* What does positive reinforcement mean?
- \* What is the maximum number of kids you can handle in class?
- \* What is your favorite event to teach and why?
- \* When wouldn't you be able to sub?
- \* What is the hardest skill you can demonstrate and why is that important?
- \* What is your greatest asset that you could bring to this company?
- \* What is it about you that has made you successful so far?
- \* What is the age group you most prefer to teach? Can you be silly? You've got to be silly to teach kids.
- \* What would you do if you saw a peer stealing money, stamps, or equipment?



- \* What would you do if you smelled alcohol on a coach's breath and knew they had been drinking before class?
- \* Get up and teach me a cartwheel
- \* Do you have any past injuries or health problems?

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### **Question - 29:**

Panel Based Fitness Instructor interview questions:

#### **Ans:**

- \* What have you done to improve your verbal communication skills?
- \* Tell about a time that you had to adapt to a difficult situation.
- \* On taking this Fitness Instructor job, what would be your major contribution?
- \* What was your major disappointment?
- \* Have you ever had to introduce a policy change to your work group?
- \* Give an example of when you had to present complex information in a simplified manner.
- \* How would you describe the experience of working as Fitness Instructor?

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### **Question - 30:**

Group Fitness Instructor interview questions:

#### **Ans:**

- \* How do you communicate goals to subordinates?
- \* What negative thing would your last boss say about you?
- \* Why did you choose your major?
- \* You have not done Fitness Instructor job before. How will you succeed?
- \* Tell me about an important goal that you set in the past.
- \* How do you establish good communication and information flow with others?
- \* Why are you leaving your present job?

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### **Question - 31:**

Phone Based Fitness Instructor interview questions:

#### **Ans:**

- \* Give me an example of a decision you made that benefited your company.
- \* Describe the time period and circumstances when you became self-supporting.
- \* What motivates you?
- \* In your last internship, what tasks did you spend most of your time on and why?
- \* What can you offer us?
- \* What sports are you/have you been involved in?
- \* What do you prefer: recruitment or selection?

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### **Question - 32:**

Behavioral Fitness Instructor interview questions:

#### **Ans:**

- \* What makes you feel proud about your job?
- \* What are your regrets?
- \* What are your pet peeves?
- \* What do you expect to learn from this job, that you're not currently getting?
- \* Describe the last time that you undertook a project that demanded a lot of initiative.
- \* Would you go there again? Where would you go instead?
- \* Would you be willing to take a salary cut?

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### **Question - 33:**

Basic Fitness Trainer Interview Questions:

#### **Ans:**

- \* Why did you decide to become a fitness trainer?
- \* Are you CPR-certified? What other certifications do you hold?
- \* How do you keep your fitness training knowledge up to date?
- \* What group classes have you taught? In your group classes, explain how you accommodate varying skill and fitness levels.
- \* What diet and nutrition education have you received?
- \* What experience do you have with customer service? Describe how you handle customer service situations involving difficult fitness center members or prospective members.
- \* Walk me through how you start a class from the very beginning to the end of the warm up.
- \* How important is nutrition to you in creating a client's regimen?
- \* What evaluations do you conduct with a new client eager to begin a fitness regimen?
- \* Describe your time management approach for assisting individual clients versus group workout classes.
- \* Describe how you handle a client who is unhappy with your work, or a client who doesn't achieve her goals, when you know the problem is with her level of motivation.
- \* Tell me about a time when a client was unhappy with your work. How did you handle the situation?
- \* Imagine a client is discouraged during a training session. How do you keep him motivated?



- \* If a client complains about a previous injury, how do you handle that when constructing a fitness regimen for her? What do you do to prevent further injury or to discourage the client from engaging in activities -- during the client session or working out on her own -- that would exacerbate a pre-existing condition?
- \* What techniques use to increase your clientele? What are your goals for increasing the number of clients you serve?
- \* What are your thoughts about organic food? What are your thoughts on a vegan diet? When you encounter a client or prospective fitness club member who is committed to a diet that differs from your own, how do you remain objective?
- \* Give me an overview of a training program you would set up for a client strictly looking for weight loss and toning? What do you tell clients who are looking for instant results?
- \* Do you have fitness goals for yourself? If so, what are they?
- \* Give me three essential exercises you suggest for all clients? Why are these in your top three?

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### **Question - 34:**

Tell me how do you draw the line when pushing your client to the limits during a workout?

#### **Ans:**

I always watch my client and see how much they could do. I always start them off on a slower pace and increase the workouts as they become stronger and more comfortable. I watch for signs such as breathing, red face, possibility of fainting, etc.

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### **Question - 35:**

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

#### **Ans:**

I would first sit down with the client and have a conversation with them about their goals. I would then get them to fill in relevant forms e.g. Screening, health questionnaire and fitness testing and design the program on the information I have gathered.

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### **Question - 36:**

As you know this job is about getting clients, getting referrals, and making sales, how will you perform with this pressure?

#### **Ans:**

Well my only goal is to make your gym reach the top... Having a good communication skill with clients will indeed increase the gym sales because explaining someone about something will do attract them.

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### **Question - 37:**

Suppose you had to offer one piece of advice to anyone looking to break into your industry, what would it be?

#### **Ans:**

Just do it! Work hard, learn what you need to and just get on with it. I wish I had straight away!

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### **Question - 38:**

Suppose a customer comes to you seeking a weight loss, how do you develop a plan for them?

#### **Ans:**

I start with their initial assessments, set up a realistic targets based on the client's specific requirements, determine their BMI and then come up with a daily or weekly routine workout plan along with special dietary instructions for them to follow.

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### **Question - 39:**

Suppose you saw me at the gym, average build kind of guy, and you wanted to approach me to potentially sign me up for sessions, what would you say to me?

#### **Ans:**

First of all I will come talking to you in a friendly way like hey man wassup how are you tell me a bit about your training then I will be like what say if I train you and give you up some session to help you build your body.

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### **Question - 40:**

Explain me how important is nutrition to you? Will you strongly suggest your clients follow a better diet to improve their fitness goals?

#### **Ans:**

Nutrition is massively important as it is the key to recovery from fitness and increasing fitness. Yes I would suggest a better diet as if a client wants to lose weight they will need to eat less fatty foods and and carbs where as a body builder will need to increase their carbs and protein in their diet. Diets will vary on what the client wants to achieve.

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### **Question - 41:**

Suppose any client walks in and says they want to start training, what evaluations would you begin doing to determine their appropriate fitness program?

#### **Ans:**

First of all i must know if he trained before in gym i mean if he biggnar or advanced or athletic..must know the health history or have any health programs and must





know the goals to come to the gym then i decides the fit program for him.

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**Question - 42:**

Explain me three essential exercises you would have any client do? Why are they in your top three?

**Ans:**

The first one would be the plank as it works the core, lower back, glutes, thighs and hamstrings. The second one would be squats as it works the whole upper leg and finally the third one would be tricep curls as they will help get rid of any bingo wings.

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**Question - 43:**

Tell me how important do you think that gym instructors are nowadays especially since there is so much information regarding health and fitness available on the Internet?

**Ans:**

Getting information off the Internet is one thing but actually applying it in a real time gym setting is not easy. Gym instructors help clients with the actual application of fitness programs so their importance in this setting is quite high.

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**Question - 44:**

Tell me what happens if a client injures him or herself during training?

**Ans:**

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

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**Question - 45:**

Explain me about a difficult client you've had?

**Ans:**

With a question like this, the employer is using a "behavioral" interviewing technique. The idea is to gain a sense of how you'll behave in future situations, based on what you've done in the past. Naturally, you should avoid bad-mouthing the client. Talk about how you listened to her concerns, and outline the various strategies you employed to meet her needs.

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**Question - 46:**

Tell us how did you get into your job?

**Ans:**

I have always been a bit of a fanatic about fitness. I was a constant source of annoyance to my parents who became sick of taking me from one sporting event to the next: football, hockey, long distance running - you name it I was doing it.

But I fell into banking (retail not investment, don't hate me!) and decided when I turned 25 that it was NOT right for me. Some training and a qualification later, here I am!

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**Question - 47:**

Explain what would you say are the three major goals of a physical education program?

**Ans:**

Of course I think every PE program has multiple goals, but the major ones should be teaching about health and fitness, teaching about collaboration and cooperation, and getting kids moving as much as possible. I want kids to come away from my classes with a good understanding of why it matters to take care of their bodies as well as their minds. I want them to understand why working together can be just as important as competing. Finally, I want kids to spend as much of my class as possible moving and exercising.

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**Question - 48:**

Tell me any regrets?

**Ans:**

Not getting into this straight away - it's THE job for me!

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**Question - 49:**

Tell me what kind of person do you need to be to succeed in this job?

**Ans:**

Fit, obviously! But you also have to be a people person - I'm as much a therapist as a personal trainer!

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**Question - 50:**



Tell me how do you keep clients motivated?

**Ans:**

Every trainer employs tricks of the trade to keep clients coming back. Talk about how you've rewarded clients with prizes for attending a certain number of other sessions, how you send out email reminders, or any other technique that's been successful for you in the past.

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**Question - 51:**

Tell me what do you think is the relevance of a personal trainer in today's world?

**Ans:**

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 - 52:**

Tell us how do you handle the marketing side of a gym instructor's work?

**Ans:**

The marketing side is very important if you want more people to join your gym. Since financial benefit is one of the most important parts of running a gym, one has to develop clientele. I make sure that I keep gym information updated on social media websites and always have a one-on-one with my clients which usually ends up in word of mouth referrals.

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**Question - 53:**

Tell me do you have any knowledge regarding nutrition?

**Ans:**

I am a graduate in nutrition and understand the usefulness of various food groups and their interaction very well.

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**Question - 54:**

Suppose a client complains about an injury suffered during your last training session, how do you handle it?

**Ans:**

I try to find out is it a injury via doctor note or just delayed onset muscle soreness from the last session as I do not wish clients to get injured and if so I would ask how it happened and would best change the workout session to a lower level and work around the injury.

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**Question - 55:**

Explain me what are your personal fitness goals?

**Ans:**

Yes, I am starting to test for fire departments and the physical aspect of the testing is proving to be more difficult then I thought. I am working on increasing my endurance as well as increasing muscle mass, especially in my upper body.

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**Question - 56:**

Explain me about your customer service experience?

**Ans:**

I worked as a cashier before,,and in my job i encounter different kinds of people,,when it comes to customer service,, you should make sure that your client will be satisfied for your assistance. A good customer service is giving the customer's need and assist them beyond the miles...

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**Question - 57:**

What do you know about our Gym?

**Ans:**

Yes, many a time. Working within the gaa organisation I have to talk to strangers. The last time I walked up to a stranger was only a couple of days ago at a match I had organised and I had to walk up to the another team manager and we just then had a general conversation.

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**Question - 58:**

Explain me are you CPR certified? Tell me about your other certifications?

**Ans:**

Yes CPR was part of my BTEC course. I have been given a certificate but you can affirm with my old college.

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**Question - 59:**



Tell me what are your favorite machines for cardiovascular exercises?

**Ans:**

My personal favorites are the elliptical, stationery bike and treadmill. These three equipments are most commonly used and most enjoyed by clients in addition to being the most effective ones.

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**Question - 60:**

Tell me what works best in motivating an aerobics group?

**Ans:**

In my experience upbeat music and weight loss competitions are two things that really motivate an aerobics group.

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**Question - 61:**

Tell me most people know how to use gym machinery so why is there so much focus on training them?

**Ans:**

It is true that people are intelligent enough to be able to use gym machinery. However, it is a gym instructor's duty to train them anyway so that they are also aware of the potential hazards of the machine that they are using.

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**Question - 62:**

Explain me what makes you a good personal trainer?

**Ans:**

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 - 63:**

Tell me what qualifications make you the best person for the job?

**Ans:**

Once again, the research you did into the company will be a big help here. Identify a few of the key qualifications, skills or personality traits the employer is looking for, and mention any of them that you possess.

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**Question - 64:**

Tell me what's your sales record like?

**Ans:**

Gym and fitness center owners are often concerned with making sales and keeping clients coming back to continue making gym fees -- so they'll naturally be concerned about your sales skills and your ability to retain clients. To answer this question, talk about the methods you use to get clients excited about training, and how you work to keep them motivated.

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**Question - 65:**

Tell me what does a typical working day involve?

**Ans:**

There's no typical day but whatever happens I'm up early getting myself in the zone. I try to spend time with my clients, getting to know them a bit so a day can involve anything from exercising full out all day to sitting down and having a smoothie while looking at exercise plans.

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**Question - 66:**

Explain some examples of how you might collaborate with other teachers in the school?

**Ans:**

PE should never be taught in isolation! I like to talk to classroom teachers to find out what their students are interested in, which students especially need a chance to take on leadership roles or get energy out, and what they are studying in class. I can teach sports and games from different periods in history to go along with a social studies curriculum, and I can incorporate counting, measurement and other math concepts into my instruction. I start by listening to what other teachers hope to get out of our collaborative relationship, and I move on from there.

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**Question - 67:**

Explain me what do you like about your job?

**Ans:**

Getting to meet new and interesting people and helping them to change their lives. Some of my clients are now friends and some have lost - and kept off - an incredible amount of weight. As everyone's getting bigger and less fit, it's important we all stay aware of our own bodies.



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**Question - 68:**

Explain me how do you handle X medical issue?

**Ans:**

If the fitness center caters to people with special medical conditions or an aging population -- as many do -- you'll need to be well-versed in how to handle special circumstances. If you're aware of how to handle the medical condition the employer has mentioned, outline the steps you'd take to ensure the client can exercise safely, including using props or modifying the program, for example.

If you don't remember how to handle that particular situation, don't make something up. Tell the employer that you'd use your exercise science books and consult other trainers for guidance and that you'd be sure to gather all the necessary information before starting to train the client.

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**Question - 69:**

Tell me do you do X style of training?

**Ans:**

Some fitness centers specialize in certain types of training, such as plyometrics, Pilates or TRX, for example. If you don't already know that style of training, show that you're willing to learn. As a certified trainer, you need to complete a certain number of continuing education credits to keep your credential. So if you don't already know that style of training the employer mentioned, tell her that you're going to pursue training for it during an upcoming continuing education seminar. If you already know that style of training, tell the employer about how you've used it and what successes you've had in using it with clients.

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**Question - 70:**

Tell us what are your professional qualifications?

**Ans:**

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 - 71:**

Tell me how do you ensure that a fitness program is effective?

**Ans:**

Each fitness program is different for different clients and needs to be created specifically for the individual. Along with exercises comes nutrition so I inform my clients of what kind of food intake they should have and suggest supplements too. The amalgamation of all these make for an effective fitness program.

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**Question - 72:**

Tell me are you more comfortable in group or personal training?

**Ans:**

Though I specialize in personal training and enjoy setting individual goals and attaining them more, I work equally well with client groups.

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**Question - 73:**

Explain a few essential exercises suitable for almost anyone?

**Ans:**

Pushups, chin-ups and crunches work well for almost anyone.

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**Question - 74:**

Tell me 5 cardiovascular exercises you recommend to your clients?

**Ans:**

- \* Running
- \* Swimming
- \* Jump Rope
- \* Stairs
- \* Burpees
- \* Sprints

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**Question - 75:**

Explain about an experience you've had dealing with an unhappy customer?

**Ans:**

I have dealt with unhappy customers on number of times. I work in sales so as you can imagine I get a lot of complaints but generally I listen to them and try come up with a solution that suits them and myself. If I cant handle the problem I refer them to my boss.



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