



**What is your favorite modality of fitness and what are you most looking forward to implementing with clients? Why?**

**What qualities do you believe a well-rounded Personal Trainer should have? Tell us about a time when you embodied one of these qualities.**

**As a Personal Trainer, you will need to be flexible with your planning and adapt to the needs of your client. Tell us about a time when you were able to adapt to the needs of others on the spot.**

**This course will require at least 2 hours of your time each week for 10+ weeks. Please explain your time management skills and why this semester is a good semester to invest in this passion.**

**What do you think some of biggest challenges, you personally, will face as a new Personal Trainer.**

**How did you find out about this course?**

**SEND YOUR COMPLETED APPLICATION TO URECPT@LSU.EDU AS A SAVED PDF**