

# FITNESS TOGETHER APPLICATION FOR EMPLOYMENT

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

## **Education:**

List all degree(s) and the school(s) you received them from:

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List any certifications you have received that relate to health or fitness:

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If you are still in school, what is your major? \_\_\_\_\_

What year in school are you? \_\_\_\_\_ Semesters remaining? \_\_\_\_\_

## **Hours Available to Work:**

Mon. \_\_\_\_\_ Tues. \_\_\_\_\_ Wed. \_\_\_\_\_

Thurs. \_\_\_\_\_ Fri. \_\_\_\_\_ Sat. \_\_\_\_\_

How often do you workout? \_\_\_\_\_

What type of routine? (weights, aerobics, etc.) \_\_\_\_\_

How do you best define Physical Fitness? \_\_\_\_\_

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List any courses you have taken in the area of fitness, nutrition, wellness, etc:

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List any practical experience you have had in fitness:

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Have you ever been convicted of a felony? \_\_\_\_\_

Name Four Exercises Specifically for the Triceps:

- 1.
- 2.
- 3.
- 4.

Name Four Exercises Specifically for the Deltoids:

- 1.
- 2.
- 3.
- 4.

**Past Employment History (Please list your last four places of employment):**

<u>Employer</u>	<u>Phone Number</u>	<u>Job Description</u>	<u>Dates of Employment</u>
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- 1.
- 2.
- 3.
- 4.

**Extra Curricular Activities, Community Involvement, Volunteer work, Awards, Accomplishments (can continue on back side):**

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**References (must be past employers or someone who knows your character- i.e. professor, pastor, someone you interned for):**

<u>Name</u>	<u>Description</u>	<u>Phone Number</u>
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- 1.
- 2.
- 3.

By signing this application I acknowledge the above information to be true and accurate to the best of my knowledge.

Applicant \_\_\_\_\_ Date \_\_\_\_\_