

Physical Fitness Trainer Interview Questions

1. Share an experience you had in dealing with a difficult person and how you handled the situation.
2. Share an effective method you have used to ensure that participants perform skills effectively.
3. Please share with me an example of how you helped coach or mentor someone. What improvements did you see in the person's knowledge or skills?
4. What is the key to success when communicating with the public.
5. Describe a time when you successfully provided personal assistance to a coworker or patron.
6. Share an experience in which you successfully shared a difficult piece of information. (Make sure that the candidate has open lines of communication.)
7. Tell me about a recent experience you've had working with your hands.
8. How do you stay fit in order to perform physical activities that are required in the workplace?
9. Tell me how you organize, plan, and prioritize your work.
10. Share an experience when you applied new technology or information in your job. How did it help your company?