

## Weight Training Instructor 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?

11. Give me an example of when you thought outside of the box. How did it help your employer?

12. Share an example of a time you had to gather information from multiple sources. How did you determine which information was relevant?

13. Please share an experience in which you successfully taught a difficult principle or concept. How were you able to be successful?

14. Describe an experience in which you identified the educational needs of your students and successfully developed a way to teach/train them.

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15. Share an example of when you went above and beyond the "call of duty". (Look for answers that show the candidate is dependable.)

16. Provide an experience in which you were sensitive to someone's needs or feelings. How did your helpfulness affect your work environment?

17. Share an experience in which personal connections to coworkers or others helped you to be successful in your work. (Make sure candidate works well with others.)

18. How do you balance cooperation with others and independent thinking? Share an example. (Try to determine if the candidate has a cooperative attitude or is otherwise good-natured.)

19. Provide an experience in which you instructed a participant on maintaining exertion levels to maximize the benefits of exercise routines.

20. Share an experience in which your willingness to lead or offer an opinion helped your company.

21. Tell me about a routine which you planned. What factors did you consider when planning the routine?

22. Describe an effective method you have used to accommodate different fitness levels during classes.

23. Provide an example when your ethics were tested.

24. Tell me about a training program which you developed based on an individual's abilities, needs, and physical condition.

25. Provide an experience in which you effectively taught breathing techniques for use during physical exertion.

26. Share an experience in which your attention to detail and thoroughness had an impact on your last company.

27. Provide an experience in which you successfully maintained fitness equipment.

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28. Provide an effective method you have used to enforce safety rules and regulations.

29. Share an experience in which you adapted a program to better meet a participant's needs.

30. Tell me about a time when you developed your own way of doing things or were self-motivated to finish an important task.