Exercise Science Interview Questions

- Can you tell me about the most difficult client you have had to work with? What made working with that person so difficult? How did you overcome the difficulty?
- What type of exercise program might you develop for a wheelchair-bound senior and how would you implement the program with the client?
- How do you plan to assess a new client? What methods have you used for assessing a client’s ability?
- How might you go about developing an exercise program for a client that is severely obese? What must you take into consideration before beginning?
- Name three potential injuries, which could result from a strength-training program for seniors. How would you treat or respond to these injuries?
- Share an experience in which you provided appropriate medical care to a participant in physical distress.
- Provide an experience in which you recommended an effective method to increase lifestyle physical activity.
- What factors do you consider when prescribing individualized exercise programs?
- Describe your experience measuring body fat.
- What methods have you used for assessing a client’s ability?
- Let’s say that I am going to come to your worksite today and observe you working with a client. What will I see?
- Name three potential injuries, which could result from a strength-training program for seniors. How would you treat or respond to these injuries?
- What type of exercise program might you develop for a client who is pregnant?
- Describe a time when you encouraged a person who was not willing to do something you wanted them to do.
- Tell me about a time when you experienced a lack of motivation. What caused this? What did you do about it?
- What was the most valuable classroom experience you had at Dixie State University with regard to your major in Exercise Science? What made it so valuable?
- Recall a time when you participated on a team. Tell me about an important lesson you learned that is useful to you today.
- Tell me about one of the most difficult and demanding tasks you have had to complete, whether during school or at work. Were you satisfied or dissatisfied with the outcome? Why?
Physical Therapy Interview Questions

- What have you learned from your clinical experience?
- What qualities do you see in yourself that relate to you as a professional?
- What is your definition of a professional?
- Explain why some of your prerequisite grades were a little bit lower than your other grades?
- What is something positive that has resulted from managed care?
- How would you choose who would receive life-saving care, such as dialysis, first?
- Suppose you walk into a hospital room to work with a patient and she refused because her favorite TV show is on. What would you do?
- Why did you choose to pursue PT instead of another health profession such as a doctor or nurse?
- As a PT, what duties would you assign a PT assistant that you wouldn't an aide?
- Why should we choose you for our program?

Strength and Conditioning Interview Questions

- What’s your coaching philosophy?
- Why did you decide to get into strength & conditioning?
- Why are you interested/would like to work here? Would you be a good fit here? Why?
- What do you know about the University of _________?
- What would you do with the ___________ team?
- What would your highest priorities be with the ___________ team?
- How do you handle the regulation or rules and expectations?
- How would you handle a repeatedly non-compliant athlete?
- What are the philosophies that drive your program design?
- How do you build mental toughness in athletes?
- What’s your philosophy on nutrition counseling?
- How would you work with a _________ team and a _________ team differently(compare and contrast)?
- How would you handle speed and agility training with a _________ team versus a _________ team(compare and contrast)?
- How do you motivate the athletes?
- How important is it for you to attend practices and games/competitions and why?
- Why do you think the _________ program/team where you worked is so successful?
- What do you feel makes a strength & conditioning coaching staff most successful?
- How would you approach/do speed and agility training with the _________ team?
- What is your training philosophy and personality?
- How do you interact with coaches in regards to your program?
- How do you handle over-bearing coaches?
- What are your goals in the field of strength & conditioning?
- Where do you see yourself in 2-3, 5, 10 years?
- What do you want your team’s perception of the weight room to be?
- What would sport coaches you have worked with say about you?
- How would you handle an injured athlete?
- What can you bring to our program?
- What are your biggest strengths/weaknesses as a coach?
Personal Trainer Questions:

- What Certifications do you have?
- How do you keep your fitness knowledge up to date?
- Why do you want to be a personal trainer?
- What experience do you have with customer service?
- What is your personal experience with fitness and working out?
- Are you CPR certified? When does it expire?
- Tell me about an experience you had serving an unhappy customer. What did you do?
- A client complains that she injured her arm during your last training session. What do you do?
- How will you find new clients to train?
- Do you have insurance?
- Why should I work out with a personal trainer?
- Won’t I get the same results working out on my own or taking an exercise class?
- I downloaded some training programs on my ipod. How is working with you different?
- Do you have references from previous clients?
- What is your refund policy?
- How much does it cost?
- Why did you decide to become a personal trainer?
- Why should we hire you instead of somebody else?
- What is your greatest strength...and the classic followup...your greatest weakness?
- Give me an example of how you work while under pressure
- Where do you see yourself in five years?
- Why do you want to work here?
- What are your salary requirements?
- Do you have references?