

Certification Requirements

Requirements for Fitness Instructors & Personal Trainers

Thank you for your interest in working with Wellness and Recreation in the fitness/wellness program.

Candidates for group fitness and personal training must hold a national certification.

➤ Preferred certifications:

- ACE: <http://www.acefitness.org/fitness-certifications/group-fitness-certification/default.aspx>
- ACSM: <https://www.acsm.org/get-stay-certified>
- NASM: <http://www.nasm.org>
- NSCA: <http://www.nasca.com/Home/>
- ISSA: <https://www.issaonline.edu/>
- AFAA: <http://www.afa.com/>
- Mad Dogg Athletics (Spinning): http://www.spinning.com/en/become_an_instructor
- Beach Body (PiYo, Insanity, Turbo Kick): <http://www.beachbody.com/>
- YogaFit: <http://www.yogafit.com/>
- Zumba: <http://www.zumba.com/en-US/trainings>
- Belly Dance: <http://www.bellyqueen.com/>

➤ Application Procedure

- Submit an online application (www.gcsu.edu/wellnessrec/job-opportunities).
 - *Make certain you select the Correct Position on the application.*
- Qualified applicants will be contacted to schedule an interview and audition.
- Prepare an audition consisting of a 20-minute version of the class format you would like to teach, including warm-up and cool-down. A separate audition may be required for each class format you would like to teach.
- Group fitness instructors and Personal Trainers are required to attend mandatory meetings and **commit** to the classes you will be teaching.