Interested in Becoming a Group Fitness Instructor or Personal Trainer?

**Step 1: Obtain CPR/AED/First Aid Certification**

*Nationally Accredited and Recognized Certifications*

American Red Cross  
Heartsaver First Aid CPR AED  
Or any other Nationally Recognized and Accepted Certification!

**Clemson Campus Recreation periodically hosts CPR/AED/First Aid certifications. Check the Welcome Center for upcoming dates and registration!**

**Step 2: Become a Certified Group Fitness Instructor or Personal Trainer**

Clemson University Fitness & Wellness is interested in hiring nationally certified Group Fitness Instructors and Personal Trainers. This enables us to offer the safest and most effective programs and lends credibility to our department and university. The below list is not inclusive, but simply some recommendations:

**TO BECOME A PERSONAL TRAINER:**

*Nationally Accredited and Recognized Certifications*

- **AFAA** – Aerobics and Fitness Association of America - [http://www.afaa.com/](http://www.afaa.com/)  
  Personal Trainer Certification  
  AFAA APEX Event each February & September - $279 Certification

- **ACE** – American Council on Exercise - [http://www.acefitness.org/](http://www.acefitness.org/)  
  Personal Trainer Certification

  Personal Training Certification Course

  Certified Personal Trainer Education

  Certified Personal Trainer Education

**TO BECOME A GROUP FITNESS INSTRUCTOR:**

*Nationally Accredited and Recognized Certifications*

- **AFAA** – Aerobics and Fitness Association of America - [http://www.afaa.com/](http://www.afaa.com/)  
  Primary Group Exercise Certification  
  AFAA APEX Events each February & September - $99 Certification

- **ACE** – American Council on Exercise - [http://www.acefitness.org/](http://www.acefitness.org/)  
  Group Fitness Instructor Certification

- Any other specialty certifications (Zumba, Yoga, Spinning, etc.)
Step 3: Interview and audition with Clemson Campus Recreation Fitness & Wellness

Ready to take the next step and help coach and lead others to reach their fitness potential? Contact cufitness@clemson.edu or call 864-656-7617 today!

Audition Requirements

*Group Fitness*
Successfully pass a 20-minute audition of the format of choice and a 30-minute interview. Audition will be held in front of the Fitness and Wellness team that will serve as mock participants. Audition should take the participants through an introduction to the class, warm up, body of the workout, and cool down.

*Personal Training*
Successfully pass a 45-minute audition consisting of a mock training session and a 30-minute interview. The mock training session will be held with a mock client and the Fitness and Wellness team will observe the session. The potential trainer will receive all necessary information beforehand. The session should take the mock client through an actual warm up, body of the workout, and cool down.

**Interested in finding out more information but not quite ready to make that commitment?**

Register for one of our two PRTM Leisure Skills Courses for Fall and Spring Semesters:

- LS1000 Fitness Leadership (Group Fitness)
- LS1000 ACE Personal Training Prep Course

**Questions, comments, or suggestions?**

Contact cufitness@clemson.edu or call 864-656-7617