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 First Aid CPR AED  
Or any other Nationally Recognized and Accepted Certification!

*Clemson Campus Recreation periodically hosts CPR/AED/First Aid certifications. Check our website 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 of certifications to seek:

**TO BECOME A PERSONAL TRAINER:**

Nationally Accredited and Recognized Certifications

- AFAA – Aerobics and Fitness Association of America - [http://www.afaa.com/courses/personal-fitness-trainer](http://www.afaa.com/courses/personal-fitness-trainer)  
  Personal Trainer Certification
  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/NASM – Aerobics and Fitness Association of America - [http://www.afaa.com/](http://www.afaa.com/)  
  Primary Group Exercise Certification
  Group Fitness Instructor Certification
- Any other specialty certifications (Zumba, Yoga, Spinning, etc.)  
  - Visit website or Google the specific program

**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](mailto: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 or explore our other in-house options:

LS1000 Fitness Leadership (Group Fitness):
In this course students are paired with one of our current Group Fitness Instructor of preferred format. Students shadow their GFI mentor and incrementally work towards teaching a full class on their own.

LS1000 ACE Personal Training Prep Course:
The PRTM department sporadically offers this course. Please check IROAR for upcoming semester offerings.

Group Fitness Instructor Workshop Series:
An expedited version of the LS1000 in which potential GFI’s shadow current Fike instructors and work up to teaching a full class on their own.

Shadow & Audition:
Get certification independently and shadow with current GFI and work with them independently. Potential instructors will audition to determine employment.

Questions, comments, or suggestions?

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