

Pre-participation Activity Questions

Thank you for your interest in our personal training services provided by our Exercise and Nutrition Practicum students. This is a valuable experience for our students which will provide essential hands-on client exposure which is critical to their employment success post-graduation. In addition to our students gaining experience it also is a wonderful health and wellness benefit to our faculty and staff at UWSP.

In order for this experience to be of value to the students and a benefit to the UWSP employee please complete the questions below and submit the form back to Dr Tiff Akins (takins@uwsp.edu) in the Health Promotion and Human Development Department. If you have additional questions about the program please feel to contact me at; takins@uwsp.edu or ext 4414.

Thanks again, and Be Well!

- 1) Please list your preferred training times:
- 2) What are your health/fitness goals?
- 3) Do you have a gender preference for your personal Trainer, if yes please indicate which gender you would prefer.