

# Exercise Science



## Interview Questions

- Do you love to win or hate to lose?
- 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?
- Let's say that I am going to come to your worksite today and observe you working with a client. What will I see?
- 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?
- 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 Delta 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?
- What was the most valuable aspect of your internship experience?
- How do you deal with difficult people?
- Why do you think you would be good in this profession?
- What were the three most important aspects for you when you chose this as a career?
- What were your major accomplishments during your internship?
- 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?