

Various Questions that Might Be Asked During a Kinesiology Interview

General Questions

1. Give me three words that best describe you.
2. What are your short-term goals, within 5 years?
3. What are your long-term goals, within 10 years?
4. Do you work better in groups or independently? Explain.
5. In what areas do you feel you can improve?
6. How do you process new information, internally or externally?
7. How do you handle stress?
8. Do you consider yourself logical or emotional? Why?
9. How do you handle failure? What have you learned from your failures?
10. Do you see yourself as a leader or a follower? Explain.
11. Do you speak any additional languages?
12. What are your strengths and weaknesses?
13. Why did you apply to this job/internship?
14. What is your career goal?
15. Describe a mistake you made at work, how you fixed it, and what you learned from it.
16. What questions do you have for us?
17. How do you feel about working more than an 8-hour day, if so needed?
18. Share an experience you had in dealing with a difficult person and how you handled the situation

University/Performance-Related Questions

1. Discuss a successful outcome from a volunteer project you have been involved with.
2. Explain a time when you worked on a team. What was your role and what did you learn about yourself from the experience?
3. What activities are you presently involved in at your University? Looking at your field experiences, which one did you learn the most from? Explain.
4. Explain previous work experiences. Of all the jobs you have held, which one did you like best and why?
5. What is your favorite class you have taken in college and why?
6. Explain a time you had to demonstrate flexibility.
7. What are some of your great accomplishments?

8. Describe your computer skills. What are other information technologies do you know?
9. How do you resolve conflict in a group setting?
10. What does networking mean to you? How does it enhance your professional abilities?
11. What are your hobbies/extracurricular activities?
12. How do you educate others in your school environment?
13. If you are having difficulties, how do you obtain help?
14. When you are given multiple tasks, how do you decide which one to do first?
15. Why did you choose to major in Communication Disorders?

Personal Trainer Specific Questions

1. Why are you interested in being a personal trainer?
2. How do you keep clients motivated and engaged?
3. Tell us about your training philosophy?
4. How do you handle conflict or work with challenging clients?
5. What evaluations do you conduct with a new client eager for an initial meeting?
6. What puts you above other candidates for this position?
7. What is your plan if you are not accepted for this position?
8. What is one recent trend in personal training that you think is important?
9. What unique qualities can you bring to this position? What do you have to offer?
10. How do you plan to handle criticism?
11. What type of collaboration/teamwork have you been involved with?
12. Do you feel drawn to a certain demographic (i.e. athletics, young adults, special populations etc.) please explain?
13. Do you have fitness goals for yourself? If so, what are they?
14. What diet and nutrition education have you received?
15. How important is nutrition in creating a client's regimen?
16. Can you tell us three essential exercises you suggest for all clients, and why?
17. What techniques do you use to increase your clientele? What are your goals for increasing the number of clients you serve?

Customer Service Specific Questions

1. What experience do you have with customer service? Can you describe how you handle customer service situations involving difficult fitness center members or prospective members?
2. What are your thoughts about organic food and a vegan diet? When you encounter a client or prospective fitness club member who is committed to a diet that differs from your own, how do you remain objective?

PT/OT School Specific Questions

1. Why do you want to be a physical/occupational therapist?
2. Why do you want to go to school at this college or university?
3. Why did you pick your undergraduate college and major?
4. What do you see yourself doing in 10 years?
5. What would you do if you saw a classmate cheating?
6. What can you offer to the graduate program and/or the profession?
7. Can you provide an example of how you have handled a stressful situation in the past?
8. Who would you say inspires you?
9. How do you define success?
10. What motivates you each day?
11. What courses do you feel have helped to prepare you in becoming a PT/OT?
12. What kind of volunteer or shadowing experience do you have?
13. What do you think your biggest challenge will be in graduate school?
14. How do you see healthcare evolving in the next 10 years?
15. How well do you work in groups? What is an example of when you took charge of a group?
16. When is a time that you had a lot on your plate, and how did you handle it?
17. What have you learned from your clinical experiences?