

### **Personal Training FAQs:**

1. Am I eligible to register for Personal Training services?
  - a. UMD students, RecWell members and UMD limited access members may purchase personal training sessions.
2. Where do Personal Training sessions take place?
  - a. In-person personal training sessions can be held in the Eppley Recreation Center (ERC), Ritchie Coliseum, or the School of Public Health (SPH). Virtual Personal Training is also an option, enabling you to engage in sessions with your trainer from the comfort of your own home through video conferencing.
3. When do Personal Training sessions expire?
  - a. All sessions expire 180 days from the date you purchase. For special circumstances, please contact Natalie Wilkinson at [ngwilk@umd.edu](mailto:ngwilk@umd.edu).
4. What can I expect from my personal trainer?
  - a. RecWell Personal Trainers (undergraduate and graduate students) are NCAA-accredited nationally certified trainers who are passionate about helping you achieve your fitness goals. You can expect your trainer to help you define your fitness goals, construct a personalized exercise program to help you achieve your goals, and help motivate you to adhere to your program.

### **Fitness Assessment + Bod Pod FAQs:**

5. Am I eligible to register for a Fitness + Body Composition Assessment?
  - a. Students, RecWell members and Limited Access members are eligible for Fitness Assessments, which include a Bod Pod® body composition test. Community members are not eligible for Fitness Assessments, but may purchase a Bod Pod test.
6. What does a Fitness Assessment include?
  - a. Fitness Assessments offer a picture of overall physical health and provide data that can be used to track progress. Each Fitness Assessment will vary slightly as it will be tailored to the participant and their goals.
7. What does a Body Composition (Bod Pod) Assessment include?
  - a. A non-invasive air displacement body composition test designed to provide a picture of fat versus fat free mass.
8. How do I prepare for the Bod Pod body composition test?
  - a. Review the [pre-test preparation guide](#) prior to the test.
9. Are group assessments offered?
  - a. Groups of three or more should contact Natalie Wilkinson at [ngwilk@umd.edu](mailto:ngwilk@umd.edu) for group testing opportunities and discounts.

### **How to become a RecWell Personal Trainer:**

1. Obtain a hands-on CPR Pro certification
2. Study for and pass an NCCA-accredited (i.e. ACSM, ACE, NASM, etc.) personal training certification exam
3. Apply to become a personal trainer on our website under “About Us” and “Student Employment”

4. When applying, upload PDFs of your CPR Pro and Personal Training certifications  
***\*please note: you will not be considered without both of these***
5. After you apply, you will be contacted by the Coordinator for Personal Training & Fitness for an interview