

Master Trainer Application Form



English Name(Passport):			
Chinese Name:			
Gender:	<input type="checkbox"/> Male	<input type="checkbox"/> Female	
Birth Date:	(yyyy/mm/dd)		
Address:			
Telephone(s) :			
Email Address(s) :			
SYNC Member Number:	Member Since Date:		

Language Skills:

Are you proficient in Oral English? Yes No
 Are you proficient in Writing English? Yes No
 Do you speak/write any other language? Yes No
 List all languages and level of skill:

Language	Basic	Moderate	Proficient

You will be required to attach a copy of each of the following items. Please indicate if attached:

Fitness and Professional Resume	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Copy of STRONG by Zumba® Fitness Certificate of Completion	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Copy of GEI Certification	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Copy of SYNC Card	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Personal Experience	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Teaching Experience	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Social Media Link	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No

Written: (Answers MUST be written in English)

1. Please send your bio, as well as your fitness certifications and qualifications.
2. What is your understanding of the role of a Master Trainer?
3. What is your experience and level of proficiency in the areas of organizational, administrative, and marketing skills?
4. Why do you want to be a STRONG by Zumba® Master Trainer?

Video Instructions: (Create a video explaining and/or showing the below)

*Please explain it in English and in your native language

1. What is STRONG by Zumba®? Explain it in your own words.
2. What is the structure/layout of a STRONG by Zumba® class?
3. Explain the focus and goal of each of the 4 Quadrants.
4. Explain and Demonstrate the following:
 - a. squats
 - b. lunges
 - c. planks
 - d. push ups
 - e. plyometric moves (demonstrate at least 2)
5. Send a video of yourself teaching Q3.
6. Send a video (10-15 minutes in length) of you teaching a HIT, Boot Camp, or Interval Type class

Note: Do NOT read off of cue cards. You can hold notes in your hands, but reading off of cue cards will be detrimental to your application.

I certify that all the information in this application was written and completed by myself only, with no assistance from others. I certify that all the information in this application is true and accurate to the best of my knowledge.

Print Name:	Sign Name:	Date:
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