

Milyssa Law
Marketing 1960-9
Mentor Assignment

Interviewee

The person I chose to interview is a Personal Trainer at the City Creek Gym in Salt Lake City, Utah. Her name is Keelee Kap and she is 28 years old. She graduated from Weber State with a bachelors of science in Human Performance and a Minor in Health Promotion. She is also USA weightlifting Certified. She has been training for 6 years and has recently moved to City Creek from the Sports Plex Gym in Kaysville.

At the Gym in Kaysville she mostly stuck to training people daily. She trained people from all ages and different genders with different types of activity levels. Her favorite thing to train people for is Athletics, or preferably her favorite sport; Volleyball. At the City Creek Gym she promotes and sales the Personal Training offered in the Gym.

Questions

I had so many questions for her when we started talking that I thought she probably felt overwhelmed. However she was very polite and answered all my questions perfectly. The biggest question I had for her was if she thought what I was doing was on the path of becoming what she is now would be a successful one. She told me all about how she went to Weber for all her 5 years for her Bachelors and wish she would have done a cheaper alternative for her associates and then moved on to a bigger university like how I am currently doing. That made me feel relieved, and very motivated to finish this year out!

I also asked her about her dislikes and likes about her job. She said there was hardly anything she disliked and she has been very happy in the career she has chosen because it always keeps her going, and she gets to meet and become friends with the people she coaches. Keelee also mentioned that it is a very flexible job, and is a career field that is manageable to do if you want to become a Mother also. She made an example saying that the gym she coached at in Kaysville had a childrens center where Mom's that coached would send their kids there for a couple hours while they trained 4 or so people. One day I want to be a Mom, and this made me a lot more hopeful that I could have a career and still be a good mother at the same time. I then asked her about promotions and the pay and she told me that at first when she started she didn't get paid as much as she was hoping for. Although after working for 7 years in the field she has grown and is now earning more than she ever expected to be making.

Conclusion

After the interview was finished I felt so excited to be in the field I had chosen. I was switching back and forth for a couple years on if I should take the Nutrition route or the Fitness one. This reassured me that I made the right choice, and am going in the right direction. It is my dream that I will be as good and as happy with my career as she was!