

Internship Program

**INTERNSHIP CRITERIA**

Student must be entering their Junior or Senior year of college enrolled in an Exercise Science, Athletic Training, Health Fitness or similar major.

* Applicants should have a professional focus on pursuing a career as a Strength & Conditioning, Personal Training, or Health & Wellness professional.
* Completed concepts of Strength & Conditioning or related coursework.
* Able to dedicate approximately 20+ hours per week throughout the semester.
* Available weekdays and some weekend coverage during the semester.
* CPR/AED Certification required.

**INTERNSHIP DUTIES**

* Shadowing personal training sessions
* Implementing dynamic warm-ups or cool down stretches under our guidance and advisement
* Programming group exercise classes under our guidance
* Assisting with the monitoring of youth programs (warm-ups, coaching form, etc.)
* Cleaning equipment and putting things away during down times

**INTERNSHIP SELECTION REQUIREMENTS**

All candidates who meet the above criteria and duties must provide the following for interview process

* Cover Letter
* Resume
* Application Form
* Time Sheet of Available Hours

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Application Form

Name:

College/University:

Major:

|  |  |
| --- | --- |
| Special Skills |  |
| Past Employment |  |
| Certifications |  |



Time Sheet

\*Please indicate availability by marking times with a check mark.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 6:00am |  |  |  |  |  |  |  |
| 7:00 am |  |  |  |  |  |  |  |
| 8:00 am |  |  |  |  |  |  |  |
| 9:00 am |  |  |  |  |  |  |  |
| 10:00 am |  |  |  |  |  |  |  |
| 11:00 am |  |  |  |  |  |  |  |
| 12:00pm |  |  |  |  |  |  |  |
| 1:00 pm |  |  |  |  |  |  |  |
| 2:00 pm |  |  |  |  |  |  |  |
| 3:00 pm |  |  |  |  |  |  |  |
| 4:00 pm |  |  |  |  |  |  |  |
| 5:00 pm |  |  |  |  |  |  |  |
| 6:00 pm |  |  |  |  |  |  |  |
| 7:00 pm |  |  |  |  |  |  |  |
| 8:00 pm |  |  |  |  |  |  |  |