

Prospective Internship Site Profile
Department of Health Education & Behavior

Location: Temple Terrace Florida Date: 10/11/2019
City State

Agency: Verizon Health and Wellness Center

Contact: Aja Osborne

Address: 7701 E Telecom Parkway Temple Terrace FL 33637
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What semesters is your agency available to accept interns?

Fall (August – December) Spring (January – April) Summer (May – August)

Normal work hours (Please indicate any evening or weekend time commitments):

*The fitness center is open Monday-Friday 6am-7pm
Intern will work shifts of either 6am-2pm or 11am-7pm*

Is office space available to interns? Yes No Share office with 2 H&W Coordinators
Comments

Is a computer available to interns? Yes No Own desk and computer
Comments

Does your agency offer paid or non-paid internships? Non-paid Paid (amount): \$11/hr

List other benefits your agency offers interns (i.e. housing, health insurance, travel reimbursement, etc.)

N/A

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List required purchases for interning with your agency (i.e. parking pass, uniform, etc.)

None but intern is required to provide transportation to/from work

List the required skills or previous experience necessary for interning with your agency.

Current college student pursuing a Bachelor's or Master's degree in Kinesiology, Exercise Science, Health Education or similar field. Experience with fitness assessments/testing and personal training are recommended but not required.

Required: must be committed and passionate about encouraging and motivating others to exercise and maintain a healthy lifestyle through personal example.

Special Requirements (i.e. special application, proof of health insurance, immunization, etc.)

Please note: All interns are required to purchase professional liability coverage for \$1,000,000.

Background check and drug test will be required. CPR/AED certification is also required.

List a description of duties your agency expects to be fulfilled by interns. Please include additional literature if desired.

- *Corporate professionalism and teamwork communication skills*
- *Individualized exercise prescription and program design based on ACSM and NSCA ' s guidelines.*
- *Group exercise leadership skills (yoga, spinning, boot camp, walking club, etc) ? Personal training leadership skills*
- *Nutritional counseling within our scope of practice*
- *Administering a Health Risk Assessment Questionnaire & PAR-Q*
- *Health Promotion including; corporate marketing strategies – managing websites, mass email creation, elevator flyers, posters, dry erase boards*
- *Event planning and organization – i.e. Blood Drives, Flu Shots, Massage Therapy, 5k Team Participation, charitable events, etc.*
- *Incentive contest planning and implementation*
- *Lunch & Learn seminars & Employee Assistance Program (EAP) webinar administration on a range of health related topics.*
- *Nutritional counseling within scope of practice & Nutritional Health Promotion program implementation.*
- *Equipment maintenance and upkeep*
- *Maintaining adequate inventory supplies & ordering*
- ?- *Baseline and progressive Exercise Testing including: Anthropometric measurements, Flexibility, Taking Blood Pressure readings by means of arm cuff and sphygmomanometer, Agility, Muscular strength and endurance*
- *Exercise Intensity Prescription based on resting Heart Rate & Heart Rate Reserve*
- *By the end of the internship, our goal is for interns to be knowledgeable and capable of running a Verizon Wellness Center on their own*

List any important information about your agency.

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Would you like to be added to the Department's list of approved sites for future interns? Yes No

FOR OFFICE USE ONLY: CONTRACT ON FILE: _____

Approval of Intern Coordinator: _____ Date: _____

Approval Expiration Date: _____