

Prospective Internship Site Profile

Department of Health Education & Behavior

Location: Murray Hill NJ Date: 5/19/10

Agency: HealthFitness

Contact: Carrie Gengo

Address: 600 Mountain Ave Rm 6G 001 Murray Hill NJ 07974

Email: carrie.gengo@alcatel-lucent.com

Phone: 908-582-8155

What type of interns does your agency seek? Part-Time Full-Time

What semesters is your agency available to accept interns?

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

List the last semester a Health Education intern was placed with your agency: _____

Is office space available to interns? Yes No

Is a computer available to interns? Yes (shared) No

List the normal working hours for your agency. Please indicate any evening or weekend time commitments.

Monday – Friday 6-2 or 11-7

Very flexible Somewhat flexible Not flexible

Does your agency offer paid or non-paid internships? Non-paid Paid (amount): _____

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

Potential employment

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

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

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

ALCATEL-LUCENT MURRAY HILL INTERNSHIP PROGRAM

I. ORIENTATION TO FACILITY

1. Learn Wellness Professional's responsibilities
2. Learn safety procedures
3. Orientation to site
4. Philosophy of organization
5. Review of employee handbook

II. RESPONSIBILITIES

A. PERSONAL TRAINING PROGRAM

1. Observe 2-3 training sessions per week
3. Attend and conduct MYH seminars
4. Design client training programs

B. MEMBERSHIP

1. Data entry into CheckFree/HealthCalc
2. Perform all pre-admission testing, including body composition measurement, strength and flexibility testing, blood pressure and heart rate data, and posture screening, Fitness Center Orientation
3. Assist in the scheduling testing and consultation appointments
4. Participate in one-on-one fitness consultation
5. Cancellations/Audits

C. FITNESS STAFF INVOLVEMENT

1. Supervise individual workouts and use of equipment
2. Identify and correct improper exercise techniques
3. Supervise fitness floor

D. OTHER RESPONSIBILITIES

1. Specialized programs
 - a) Assist with incentive programs
 - b) MYH seminar
 - c) Observe/participate in Weight Management program
 - d) Bulletin Boards
 - e) Membership Drives
 - f) Group Exercise classes
 - g) Participate in corporate/community educational program administration
2. Other department training
 - a) Participate in aerobic programs, specifically specialized programs (arthritis exercise classes, sit and be fit, baby and etc, me.)
 - b) Spend time in each department to learn how they work and the facility works as a team to accomplish the goals of the organization

III. ASSIGNMENTS

- AS SPECIFIED BY INTERN'S SCHOOL REQUIREMENTS AND EACH AREA OF TRAINING

IV. OBSERVATIONS

V. EVALUATION OF PROGRAM

List any important information about your agency.

HealthFitness sets the bar high for interns. We're looking for bright, motivated, conscientious team players who are eager to learn from our experienced managers – and who want to grow with our dynamic organization.

If that sounds like you, you're in for a great learning experience. The managers at HealthFitness are true professionals, inspiring role models, and great teachers. At HealthFitness, you'll learn from the best.

We offer internship programs with health management and fitness client locations for individuals pursuing a degree in health promotion, exercise science, kinesiology, public health, recreation or related disciplines.

HealthFitness and our experienced management team offer rewarding internship opportunities that provide exposure to, or experience in, a wide range of areas, such as:

Program administration

Health promotion programming

Fitness testing and exercise prescription

Health and fitness motivational seminars

Group exercise class instruction

Data analysis and outcomes reporting

Communications and marketing

Ergonomics

Health coaching

Personal training

Participation record keeping and data management

Special projects and promotions

Health fairs and health screening events

Apply for an internship with HealthFitness by submitting your resume to Carrie Gengo at carrie.gengo@alcatel-lucent.com

Please return to:

Holly Turner Moses, MSHE, CHES
Coordinator for Undergraduate Programs
Department of Health Education & Behavior
Office of Academic Programs, Room 6, Florida Gym
P.O. Box 118210
Gainesville, FL 32611-8210
TEL: (352) 392-0583 ext. 1288
FAX: (352) 392-1909
EML: hmoses@hhp.ufl.edu
WEB: <http://legacy.hhp.ufl.edu/heb/classes/HSC4934/index.htm>

Department comments: _____