

Prospective Internship Site Profile

Department of Health Education & Behavior

Location: Indianapolis Indiana Date: 5-25-10

Agency: National Institute for Fitness and Sport

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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 No

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

Depending on the department that you select the hours will vary. For the most part the interns will be working Monday thru Friday.

Very flexible Somewhat flexible Not flexible

Does your agency offer paid or non-paid internships? Non-paid Paid (amount): \$300 per month

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

Fitness Center Membership

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

Uniform

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

Undergraduate Students: Junior or Senior status with priority given to candidates within 12 - 15 credit hours of graduation.

Graduate Students: Current enrollment in a graduate program or recent completion of graduate degree.

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

Internship Duties

Each intern is assigned to a staff member who will ensure that experience in the day-to-day activities and responsibilities of the position are provided. Most interns work eight-hour days, Monday through Friday, and have the weekends free; however, there may be some special circumstances where the intern is required to work in the evenings and/or on weekends depending on the internship position. The specific hours and schedule in which the intern works each day is dependent upon the position and will be assigned by his or her supervising staff member.

Interns work an average of 40 hours per week; approximately 26 hours will be spent in the center to which they have been assigned; 10 - 12 hours will be spent working with the NIFS Youth Field Trip Program; and 2 - 4 hours will be spent working on projects, in weekly meetings, or experiencing other areas within NIFS. In addition to your regular duties, you will be asked to assist in various events and programs. It is our philosophy that interns should be able to experience a broad range of activities in the health and fitness industry so that they can be more marketable when they seek employment. Some of the additional activities you may be involved with include:

- Health screenings
- Health fairs
- Workshops
- Older adult exercise program
- Nutrition and weight management program
- Special events (e.g., team building, fitness demonstrations, training programs, member appreciation events, etc.)

List any important information about your agency.

Types of Internships Available

- Group Fitness: This internship is for the individual who teaches group fitness and is interested in learning about the development and coordination of group fitness programs. There is one position available in this area.
- Athletic Performance: This internship is for the individual who is interested in working with athletes of all ages in a wide variety of sports. Interns in this position are usually interested in becoming strength and conditioning coaches. There is one position available in this area.
- Corporate Fitness Management/Older Adult Communities: This internship is for the individual who is interested in working in a fitness center located within a corporation or older adult community. The intern in this position will be assigned to one of the many corporate/older adult sites managed by NIFS. There are five positions available in this area.
- Educational Services: This internship is for the individual who is interested in developing, promoting and implementing nutrition, fitness and wellness programs. The intern in this position is usually interested in becoming a Wellness Coordinator, Health Promotion Specialist, Health Educator, Registered Dietitian and/or Facility Manager. There are one to two positions available in this area.
- Fitness Center: This internship is for the individual who is interested in working in a large and diverse fitness center. There are three positions available in this area.
- Youth Development: This internship is for the individual interested in working with children from preschool through high school in all areas of health and fitness education. There is one position available in this area.

Please check out our website for more information and also to fill out the application. www.nifs.org