

Prospective Internship Site Profile
Department of Health Education & Behavior

Location: City State Date:

Agency:

Contact:

Address: Street / PO Box City State / Zip

Phone: Fax:

Email: Website:

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):

Is office space available to interns? Yes No Comments

Is a computer available to interns? Yes No Comments

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.)

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.

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.

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

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: _____

updated: 11/13/17

Verizon Internship Details

Verizon Brooklyn, NY Location Details:

- Internship Position Postings at <http://phfr.com/Internship-Finder/listing/22749>
- 37 Verizon fitness centers across the nation – Verizon Wireless & Verizon Wireline
- Our Brooklyn address is: 395 Flatbush Ave Ext. | Brooklyn, NY 11201
- Two fulltime Verizon employed Health & Wellness Coordinators at Brooklyn
 - Erin Lowden, BS, ACSM EP-C, EXOS XPS, NETA C-GEX, Maddog Spin Instructor
Erin.Lowden@verizon.com 917-246-5463
 - James Schneider, BS
james.schneider@verizon.com 917-246-5462
- The Health and Wellness Team is a part of Verizon Human Resources
- Brooklyn is a Wireline location. It manages landline communication and data transmission between residential and commercial customers.
- The campus we're on is a 24 x 7 building - so there are people working a wide range of hours.
- The Fitness Center is open 6:00am – 7:00pm
- There are currently roughly 1600 employees that are assigned to work at our location.
- We can host up to a maximum of 40 hours per week for interns positions.
- Normally we host an intern for each school semester (spring, summer, and fall)
- Multiple interns can coincide –2 at 20hrs per week for example.
- Interns are hired on as contractors
- Interns have company holidays off – unpaid. (7 calendar holidays per year)
- The hiring process usually takes 2-3 months to go through background checks, drug screening, and other on-boarding items.
- Compensation: \$11/hour
- CPR/AED certification is required.
- Periodic internship performance evaluations with constructive criticism are performed.

Intern Position Qualifications:

- Current college student pursuing an Associate, Bachelor's or Master's degree in Exercise Science, Exercise Physiology, Kinesiology or a health related field. Student must be at the junior level and above. Excellent communication skills. Ability to work a flexible schedule. Ability to meet deadlines and work in a fast paced work environment. CPR & AED certification required. Experience with fitness assessments/testing and personal training are recommended but not required. Be committed and passionate about encouraging and motivating others to exercise and maintain a healthy lifestyle through personal example.

updated: 11/13/17

Intern's Will Gain Experience In:

- 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
 - Submax stress tests to estimate VO₂
 - 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.