

Prospective Internship Site Profile

Department of Health Education & Behavior

Location: Newberry (Jonesville) FL Date: 09/14/2021
City State

Agency: Sweat Life Fitness

Contact: Art Waters or Dan Griffin

Address: 13558 NW 2nd Lane Newberry (Jonesville) FL/32669
Street / PO Box City State / Zip

Phone: 352 692 4926 Email: sweatlifefitness@gmail.com

Website: sweatlifefitness.com

Which semester(s) is your agency available to accept interns?

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

Typical intern working hours (Please also indicate any evening or weekend time commitments):

Typical Hours: 9am-5pm

Hours can be adapted if intern has other schedule demands. We also have options of coming in as early as 530am if intern prefers to start the day early. Weekends and evenings are optional if we have special events/classes planned.

Is office space available to interns? Yes No

Comments

Is a computer available to interns? Yes No

personal laptop preferred

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.)

If student is a certified personal trainer, they may earn the opportunity to lead classes or private personal training sessions for pay. This is certainly not guaranteed, but has been achieved several times in the past.

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

There are no required purchases. Parking is free. Dress should be fitness professional: clean athletic shorts/pants, shirt, shoes.

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

Good interpersonal communication, strong written communication, proficient in word/excel, bonus if experienced in Canva, growth mindset, team oriented

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

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

**CPR/AED Certified
Professional Liability Coverage (as required by UF)
Reliable Transportation**

Provide a comprehensive list of health education internship duties, which will be assigned to your HEB senior intern. Please indicate with NCHEC Responsibility(ies) that align with each duty.

At Sweat Life Fitness we recognize the importance of a comprehensive hands-on internship experience. All interns work with and report directly to Dan Griffin, BS, CSCS and Art Waters, MA, CSCS, NASM, owners of Sweat Life Fitness.

Duties and Responsibilities

*Shadow/Assist Personal Trainers & Group Coaches VI VII VII
Fitness evaluations Program design and implementation I II IV
Proper exercise form, technique, progression III
Floor time with Trainers and Clients VII VIII
Sales, prospecting, follow-up, retention VI*

*Shadow/Assist Owners II V VII VIII
Create/manage budgets II IV VII VIII
Develop and implement programs II III
Marketing and advertising VI
Customer service VI
Facility maintenance VII*

Meetings II
*Attend and participate in weekly department meetings
Attend sales and networking meetings*

Special Projects I II III IV V VI VII VIII
*Interns will be assigned a special project during their tenure
Generate ideas
Create budget
Develop marketing strategy
Launch project (program, event, etc.)
Modify and follow-up as needed
Measure results of project*

The above outline is not inclusive of all duties. Interns will be assigned projects/responsibilities according to their interests, experience, and future goals. At Sweat Life Fitness our goal is to make the internship experience as beneficial and educational as possible.

List any important information about your agency.

We are honored and humbled to be part of such an amazing community and we are dedicated more than ever to continue providing excellent customer service, expert personal training, and the best small group training in the greater Gainesville area. Our goal is to help our customers, staff and Sweat Life Fam to be their all-time best!

Would you like to be added to the Department's list of approved sites for future interns?

Yes No

FOR OFFICE USE ONLY:

Approval of Department Internship Coordinator: _____