TYPES OF INTERNSHIPS

**Athletic Training:** This internship gives students experience working with a certified athletic trainer. There are two primary settings where this can take place. Athletic Trainers can work in outpatient clinics or they can work in a school setting providing care. These settings will provide the internship student with interactions with patients to include family medical history, patient medical history, and use of therapeutic equipment, exercise programs, and the evaluation of acute physical conditions. The experience may include: sporting event coverage, emergency medicine, medical charting, and staff meetings. The skills needed to work in this environment include interpersonal and communication skills, confident knowledge of anatomy and physiology, physiological response to injury, patient confidentiality, and recommendations for a healthy lifestyle.

**Cardiac Rehabilitation:** This internship prepares the student to work in a cardiac rehabilitation setting with patients that are recovering after having a heart attack and/or recovering from an angioplasty or bypass surgery, however the patients are still at a high risk of secondary disease. Depending on the site you choose, different experiences are appropriate and reflected in the internship goals and objectives. The experience may include patient education, dynamic static ECG interpretation, exercise prescriptions, graded exercise stress testing, and Phase I, II, and III leadership education. The education needed to be able to work in this environment is a strong knowledge of ECG skills, blood pressure assessment, and exercise prescription. Upon completion of this internship the student should be prepared to begin the process to sit for the ACSM Certified Exercise Specialist Exam.

**Clinical Exercise Physiology:** This internship gives the student the possibility of a variety of clinical experiences. The student will be able to work with a variety of populations. These may include patients with COPD, cancer, diabetes, heart disease (some cardiac rehab), multiple sclerosis, obesity, osteoporosis, Parkinson’s disease, etc. The population will depend on the site the student selects. The skills the student should develop during this opportunity are exercise prescription for clinical populations, adaptation of exercise testing, exercise progression, and exercise leadership for the particular population. After this internship the student should be prepared to begin the process to sit for the ACSM Certified Exercise Specialist Exam.

**Chiropractic:** This internship gives the student an in-depth view of the chiropractic occupation. The student will observe spinal manipulation. In addition the intern will observe and participate in patient evaluation and set up for manipulation, office management, and depending on the location additional experience such as x-ray interpretation or sport performance evaluations. This experience will help a student determine if chiropractic is an appropriate career choice.

**Physical Therapy/Occupational Therapy:** This internship gives students experience working with a physical therapist or occupational therapist. There are two primary settings where this can take place. Therapists can own their own outpatient clinics or they can work in hospitals providing outpatient and inpatient care. These settings will provide the internship student with interactions with patients to include family medical history, patient medical history, and use of therapeutic equipment, exercise
programs, evaluation of chronic and acute physical conditions. The experience may include: medical charting, patient scheduling, medical coding, and fabrication of splints and staff meetings. The skills needed to work in this environment include interpersonal and communication skills, confident knowledge of anatomy and physiology, disease processes, physiological response to injury and illness, patient confidentiality, and recommendations for a healthy lifestyle. Participation in a Physical Therapy or Occupation Therapy internship in no way guarantees that you will be accepted into a Physical Therapy or Occupation Therapy program.

**Worksite Wellness/Corporate Fitness:** A variety of worksites include a wellness component in their benefits package. The package benefits range and are coordinated by the worksite wellness supervisor run from health promotion, to corporate fitness facilities/programming to medical management of the health benefits package. It can be facilitated within the facility or be managed by an outside entity such as a YMCA. There is more emphasis on health promotion programs for employees within the company, i.e., programs like stress management, blood pressure screening and watching of cholesterol levels, or smoking cessation just to name a few. Often the focus will be assessing the Return of Investment (ROI) of the employee health benefits package. If the facility includes an onsite fitness center the intern will also be exposed to exercise testing and prescription for the employees who participate. The internship should prepare a student to work in a worksite wellness program. At the completion of this internship the student should be prepared to begin the process to sit for the ACSM Health Fitness Instructor Exam.

**Nutrition Education Programming:** This internship provides the student with experience working with children or adults. Internships are available in the school and non-profit organizations teaching children basic nutrition education and cooking skills. Community internship are available working with healthy adults and adults with diabetes. Experience may include assisting with program planning, marketing, and evaluation. Interns may also assist with teaching nutrition classes and coordinating nutrition campaigns and activities. Interns may also work with women and children on an individual basis.

**Wellness Coach:** This internship gives students experience working individually with clients on improving personal wellness. This may include helping clients reach their goals regarding: stress management, nutrition, time management, and physical fitness. The experience may include: weekly meetings with clients, goal setting, program planning, marketing, and program evaluation. The skills needed to work in this environment include goal setting and motivational interviewing. Interns also need to have knowledge in personal and community health.

**Health Promotion Planning:** This internship provides the student with experience planning, implementing, and evaluating health promotion programs in a variety of different content areas. Content areas may include: fitness, nutrition, environmental health, lung health, HIV/AIDS, and Senior Health. Interns may work in a schools, hospital, private facility, non-profit agency. Experiences may include: conducting needs assessment, researching best practices, attending coalition meetings, marketing programs, and program evaluation. Students will also develop skills in working in groups and communication.
Sports Performance/Strength & Conditioning: This internship is similar to community personal training, but focuses on sport strength and conditioning for athletes. This internship can be done in a college/school setting or private facility. The internship should prepare a student to work as strength and conditioning coaches for a professional sports team, a university, or a private facility. The experiences and skills acquired working in this setting are exercise testing and prescription for athletic performance enhancement. At the conclusion of this internship the student should be prepared to begin the process to sit for the NSCA Certified Strength and Conditioning Specialist Exam.

Community Fitness/Personal Trainer: This internship prepares the student to work in a job with relatively healthy children, adults, or seniors as a Personal Trainer. This internship can be accomplished in a for-profit fitness such as Sidelines Physical Therapy and Fitness Center or a community organization such as YMCA or YWCA. The skills developed by the student should include fitness assessment, exercise prescription and programming, body fat analysis, coaching behavior change, and development of interpersonal relationship skills. After this internship the student should be able to take a Personal Training Certification exam including those presented by ACE, ACSM, NSCA or the ACSM Health Fitness Instructor Exam. This internship is similar to the community fitness and clinical exercise physiology. Hospitals are providing fitness facilities and programming for their community but with the advantage of a medical staff available to the members when necessary. The internship will provide experience in exercise testing and prescription for clients ranging from apparently healthy to a variety of clinical patients.

Medical Fitness Facility: They will also be assisting with daily facility operations, program development and implementation, facilitating health education classes and assisting with employee and community health fairs and screenings. Some facilities also serve as the wellness program for all hospital employees along with the community programming. At the conclusion of this internship the student should be prepared to begin the process to sit for the ACSM Health Fitness Instructor Exam.

Physician Assistant: This internship gives students experience working with a physician assistant. There are various settings where this can take place. Physician Assistants can own their own primary care clinics, work in emergency departments in hospitals, and/or work in specialty settings such as cardiology, neurology and orthopedics. These settings will provide the internship student with interactions with patients to include family medical history, patient medical history, vital signs, lab work and results, radiographic evaluation, pre and post-operative consultations, wellness screenings, and chronic and acute care of physical conditions. The experience may include: medical charting, patient scheduling, medical coding, and staff meetings. The skills needed to work in this environment include interpersonal and communication skills, confident knowledge of anatomy and physiology, disease processes, physiological response to injury and illness, patient confidentiality, and recommendations for a healthy lifestyle. This experience will help a student determine if Physician Assistant is an appropriate career choice.