

UNC Wellness Center *Internship Job Description*

The internships at UNC Wellness Center are 6 or 12 week increments. Students will spend one to two weeks in each of the following departments:

- Cardiac Rehab (fall only)
- Nutrition Services
- Health Education
- Personal Training
- Fitness
- Group Exercise
- Member Services

UNC Wellness staff will determine the order of the student's rotation based on their education and experience. A facility orientation will be held on the first day of the internship. The orientation goes over the internship schedule, expectations of the internship and the policy and procedures of the UNC Wellness Center.

The focus for each area is the following:

Cardiac Rehab

Learn how to take heart rates and blood pressures

Exercise leadership

Monitor clinical populations

Observe patient education, patient assessments, Graded Exercise Tests (GXTs)

Participate in staff meetings and exercise prescription

Nutrition Services

Observe nutrition consultations and resting metabolic rate testing

Assist with weight management program

Assist with nutrition programs

Health Education

Assist with programming

Assist guest lecturers with room and audiovisual set-up

Meet and greet lecture attendees

Make program confirmation calls

Assist with program advertising

Personal Training

Learn MicroFit testing system and Cholestech for health evaluations

Observe personal training sessions and health evaluations

Assist in programming/classes

Participate in staff meetings

Fitness

Learn FitLinxx Network system and fitness orientation procedures

Observe fitness orientations and fitness area coverage

Assist in fitness area coverage, fitness orientations, and fitness clinics

Participate in staff meetings

Group Exercise

Evaluate group exercise classes

Assist with PACE program and Gentle Aqua class

Shadow teach or team teach group exercise classes (if group exercise certified)

Lead and instruct “how to” clinics on heart rate assessment and Rating of Perceived Exertion (RPE)

Member Services

Greet members

Observe and assist the front desk staff

Call new members to set up Health and Nutrition Evaluations

Promote services and programs

Assist with Supervised Play activities

Participate in staff meetings