



TRUEAP

INTERNSHIP PROGRAM

LOCATIONS:

- NORTHERN VIRGINIA
- WESTERN MARYLAND

**PAID
INTERNSHIP!**



12 Week Program

LEARN THE TRAINING

(Speed, Agility, Quickness, Power, Strength, Injury Rehab, Flexibility, Core & Joint Stabilization)

LEARN THE BUSINESS

(Customer Management, Public Relations, Sales & Marketing)

**APPLY ONLINE NOW AT:
www.TRUEAP.com**



Internship Program Overview

Summary

The purpose of this position is to provide an educational, hands-on experience to students pursuing careers in the health and fitness industry focusing primarily on speed, strength and conditioning.

Accountabilities

- * Assists in design, implementation, promotion, evaluation and participation of athletic programming and related special events to ensure the needs of the athletes are met.
- * Provides a high level of personalized attention to members during training through personal service, motivation, conversation and exercise program review.
- * Provides a professional environment during exercise assessments and prescriptions.
- * Assists with the cleanliness and maintenance of speed/ strength training equipment.
- * Adheres to department and club policies and procedures.

Required Skills and Characteristics

- * Organized and creative.
- * Energetic, enthusiastic and motivational.
- * Excellent physical condition, professional manner, discretion and appearance.
- * Excellent verbal, written communication and promotional skills.
- * Basic knowledge of human anatomy, physiology and kinesiology.
- * Basic knowledge of standard fitness screening procedures.
- * Working knowledge of machine, free weights and cardiovascular equipment.
- * Current CPR and First Aid certifications.
- * Current Personal training certification (preferred).

Training Plan

Educational

- * Become proficient with all club equipment, fitness assessment and exercise prescription operation, emergency procedures and club policies.
- * Introduction to all staff policies and procedures.
- * Club orientation (*Basics*).
- * Skill development and enhancement.
- * Observation of daily routine of full-time staff.
- * Assisting True AP staff as needed.

Application of Skills

- * Conducting fitness assessments and exercise prescriptions, independently.
- * Assisting with development and implementation of True AP programs.
- * Creating and planning internship project.
- * Midterm evaluation with internship supervisor.
- * Assist in the development of schedule.
- * Know all club policies and procedures.

Project Development

- * Determine major project with Internship Coordinator.
- * Prepare all educational materials.
- * Implement Program.

Cross Training

- * Experience all True AP areas:
 - Marketing
 - Sales
 - Accounting/ Billings
 - Program Design