



# **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](http://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