

Organization: Duluth Area Family YMCA

Internship: **Teen Fit Program Coordinator**

Reports To: Director of Healthy Living

Hours Required: Flexible

The Y: We're for youth development, healthy living and social responsibility.



Position Summary:

The intern will provide a comprehensive strength training program that focuses on physical development and wellness lifestyles for high school students.

Essential Functions:

1. Create engaging strength & conditioning lesson plans that implement a variety of methodologies including plyometrics, use of free weight equipment, cardio & weight machines specific to teens.
2. Meet with students 2x per week for group & individualized instruction.
 - Explain and enforce safety rules governing the use of sports and exercise equipment.
 - Observe and inform students of corrective measures necessary for skill and improvement.
 - Assess the skill level of students and provide differentiated instruction for various ability groupings.
 - Offer alternatives during classes to accommodate different levels of fitness.
3. Compile & distribute age appropriate content such as tips for going out to eat, inspirational stories, and wellness information to share with participants.
4. Implement pre and post evaluations, translate progress of understanding of fundamental strength training principles of participants.
5. Create a teen strength training challenge or incentive program.
6. Includes a Wellness Center Experience: Duties include fitness evaluations, orientations and consultations; blood pressure and body composition analysis; instructing members on correct position and body alignment; clean, maintain and monitor fitness equipment; build effective relationships with members; help members connect with each other and the Y; provide effective health and wellness information and support to members. Minimum of one shift per week.

Required Qualifications:

1. Pursuing or received a Bachelor's degree in related field.
2. Must have specific knowledge and ability in strength training instruction as well as preventative measures in health and fitness.
3. Strong skills in the ability to interact, work with and motivate youth in a positive manner; excellent written and verbal communication skills required.
4. Must be available for programming during after school hours.

Desired Qualifications:

1. Certification in CPR, AED and First Aid
2. Training, certification or experience with group exercise
3. Personal training certification

Compensation:

Interns do receive a YMCA membership during their internship. They also will receive a great experience working in the non-profit sector with one of the largest non-profit organizations in the nation. Although this internship is unpaid, we will work with you and your school to assist you in receiving college credit. It is the responsibility of the student to determine if academic credit is available through his/her degree program.

Application Process:

- YMCA Internship Application (found at www.duluthymca.org)
- Cover Letter
- Resume
- Two letters of recommendation

Contact Information:

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Volunteer & Internship Coordinator

Duluth Area Family YMCA

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