

Organization: Duluth Area Family YMCA

Internship: **Health and Fitness**

Reports To: Director of Healthy Living

Hours Required: Flexible



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

Position Summary:

The Health & Fitness intern will have an opportunity to work with a wide variety of clients identifying their goals (e.g. increase strength, train for an event, reaching a healthy weight) and writing personalized programs so clients can achieve their goals. This intern will also have an opportunity to provide one-on-one or group personal training sessions.

Essential Functions:

1. *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 information and support to members.
2. *Personal Training*
 - a. Recruit clients from the YMCA staff team and/or Diabetes Prevention Classes.
 - b. Assist clients in motivation and setting goals.
 - c. Perform pre and post fitness evaluations.
 - d. Design customized one-on-one training programs.
 - e. Meet with clients weekly for individual training sessions.
3. May also include an opportunity to assist a Lifestyle Coach in facilitating a Diabetes Prevention Group. This will involve helping participants set goals, track their eating & activity, engage them in group conversation, assess their progress and solve problems.
4. May include an opportunity to provide a comprehensive strength training program that focuses on physical development and wellness lifestyles for high school students.
 - a. 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.
 - b. Meet with students 2x per week for group & individualized instruction.
 - c. Implement pre and post evaluations, translate progress of understanding of fundamental strength training principles of participants.

Required Qualifications:

1. Pursuing or received a Bachelor's degree in related field. Must have completed at least two semesters of classes in desired major.
2. Must have specific knowledge and ability in fitness instruction as well as preventative measures in health and fitness.
3. Strong skills in the ability to interact, work with and motivate people in a positive manner; excellent written and verbal communication skills required.
4. Able to work both on own initiative and as part of a team.
5. CPR and First Aid certification or willingness to obtain certification (available free of charge from the Y).

Desired Qualifications:

1. Training, certification or experience with group exercise
2. Personal training certification

Compensation:

Interns do receive a YMCA membership during their internship. They also will receive a great resume building 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 their degree program.

Application Process:

- ✓ YMCA Internship Application
- ✓ Cover Letter
- ✓ Resume
- ✓ Two letters of recommendation

Contact Information:

Gina Miller

Volunteer & Internship Coordinator

Duluth Area Family YMCA

302 West 1st Street | Duluth, 55802

(P) 218 722 4745 ext 159

(E) gmiller@duluthymca.org (W) www.duluthymca.org