



RICHARD E. WORKMAN Sports & Wellness Complex

Internship Opportunities

Personal Training and Group Exercise

Below is a brief description of what we would be able to offer students looking to secure an internship in either Exercise Science and/or Athletic Training.

1. The ability to work with Certified Personal Trainers and Athletic Trainers
 - Participants will assist in the delivery of planned programs
 - Participants will be involved in the evaluation of the services being delivered
 - Participants will take part in initial consultations
 - Participants will also work with instructors on group class instruction
 - Participants will gain knowledge of time and facility management
 - Participants will gain knowledge in working as their own boss
2. Each participant would be given the opportunity to develop and execute portions of, if not an entire program of their own.
3. Participants working on either side of this program will have the chance to gain experience in all phases of program development, execution and evaluation.
4. Our program would also give students the chance to work directly with participants and gain the experience of dealing with customers on all levels.
5. Throughout the internship process students' overall knowledge of fitness itself and the fitness industry would increase significantly
6. By the end of an internship here at the complex, participants will understand exactly what it takes to establish themselves as a personal trainer.



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Internship Program

As a Workman Sports Complex Personal Training Intern, students will be afforded the opportunity to shadow and learn from industry experts and leaders in our state-of-the-art facilities. Students will be taught by and work side-by-side with industry experts to gain hands-on experience and develop their health and fitness knowledge. At its core, this program is designed to enhance each student's preexisting knowledge and turn it into real world practical experience. By the end of the internship, a student will understand what it takes to establish themselves as a Personal Trainer.

Program Objective

The program is targeted for students who want to supplement their training with relevant industry experience and a first-hand glimpse into their chosen career path. This in-depth participation will help students learn to evaluate based on the trainees' ability and help students learn to motivate and educate others. Throughout the program, students will also give presentations for our trainers, design and present client programs based on specific client needs and requests.

Qualifications

- Students must be eligible to earn academic credit for their work
- At least 2-years completion towards an undergraduate degree: Exercise Science, Kinesiology, Physical Education, Personal Training, or other applicable majors preferred
- An outgoing and personable disposition, able to socialize with others
- A passion for fitness and helping others reach their health and wellness goals
- Ability to multi-task in a fast-paced environment



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- Customer-service oriented and an ability to understand or quickly grasp, customer priorities and terminology
- Effective oral and written communications skills
- Results oriented with an ability to organize, prioritize and manage time
- Self-starter capable of operating with little supervision
- Strong analytical skills and excellent attention to detail
- Previous Personal Training experience preferred but not required
- Proficient in Microsoft Office, Excel, Word, PowerPoint and the ability to learn technical applications and processes quickly

Responsibilities:

- Be punctual and conduct yourself in a professional manner
- Provide a positive and safe training environment and experience for all participants
- Conduct health and fitness assessments for all participants
- Educate each participant on the fundamentals of fitness
- Train participants according to daily workouts provided in training log
- Help participants obtain goals and keep training charts up to date and accurate
- Communicate client progress and/or problems with supervisor
- Seek regular client feedback
- Follow up on all communications from clients
- Maintain certifications as required and attend all trainer meetings
- Complete daily cleaning duties as assigned in trainer manual

For more information please contact the General Manager, Jake Junghanel at 217-994-9440 or email him at jjunghanel@workmansportscomplex.com