



THE **STRENGTH** STUDIO

## Internship Program 1

“Strength Training Without Undermining Health”

### OVERVIEW

Learn how to put practical use to the theory of kinesiology in a way that ensures that you can safely administer exercise to individuals in any setting without undermining their health.

- 10 Week Program
- One topic covered per week
- Internships offered 3 times per year
- Two 3 hour days per week for a total of 6 hours a week
- One 3-hour day of shadowing and hands-on learning, scheduled by individual
- One 3-hour day of half-lecture/half-hands-on learning; takes place Friday afternoons only
- Unpaid — apply what you learn to any fitness setting
- Earn internship credits at your university
- Prerequisites: major in Kinesiology or Exercise Science; intention to work in the fitness industry; entering or in senior year of college (unless otherwise authorized)

### TOPICS

- 1) Big picture: why do we exercise?
- 2) Biomechanics + how to apply them in exercise
- 3) Proper Equipment + Differences in equipment
- 4) Proper form in exercise using biomechanics and physics as a foundation
- 5) Time under load vs. reps: proper progress tracking
- 6) Safety check-ins/precautions + when not to train clients
- 7) Special medical considerations
- 8) Aerobics in exercise/true definition of exercise
- 9) Role of exercise in weight loss
- 10) The psychology of training

### INTERNSHIP DATES

Spring: 1st Friday of March to mid May (off Spring Break)

Summer: 1st Friday in June to mid August (off week of 4th of July)

Fall: 1st Friday in September to mid November

### INTERNSHIP APPLICATION DEADLINES

Spring: February 1

Summer: May 1

Fall: August 1

### HOW TO APPLY

Submit an application for internship with a letter of interest by deadline to be considered.

Selected candidates will be asked to come in for an interview. You will be notified by the 15th of that month if you have been accepted.

*Interns who successfully complete the program will have their paperwork for internship credits signed. Drop-outs will earn no credits. Interns must re-apply for Internship Program 2. No job is guaranteed by participating in the internship program. All interested parties must apply for a job*

*after completion of the internship program(s). Employment preference is given to those who have participated in the internship program.*

## **Internship Program 2**

### **OVERVIEW**

Continuing to learn how to put practical use to the theory of kinesiology in a way that ensures that you can safely administer exercise to individuals in any setting without undermining their health.

- 10 Week Program
- Offered 3 times per year
- Two 3 hour days per week for a total of 6 hours a week (pick your days)
- Continue to practice the concepts covered in Internship Program 1
- Work as an apprentice
- Paid minimum wage
- Prerequisites: Internship Program 1; graduating senior or graduate and beyond

### **INTERNSHIP DATES**

Spring: 1st Friday of March to mid May (off Spring Break)

Summer: 1st Friday in June to mid August (off week of 4th of July)

Fall: 1st Friday in September to mid November

### **INTERNSHIP APPLICATION DEADLINES**

Spring: February 1

Summer: May 1

Fall: August 1

### **HOW TO APPLY**

Submit an application for internship with a letter of interest by deadline to be considered. You will be notified by the 15th of that month if you have been accepted.

*Interns who successfully complete the program will have their paperwork for internship credits signed. Drop-outs will earn no credits. Interns must re-apply for Internship Program 2. No job is guaranteed by participating in the internship program. All interested parties must apply for a job after completion of the internship program(s). Employment preference is given to those who have participated in the internship program.*

This internship opportunity has been provided by The Strength Studio, Inc., a Sonoma County based corporation. You may contact us using the following information:

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