



THE **STRENGTH** STUDIO

**Summer 2019
Internship Program 1**

Application deadline: May 1, 2019
Acceptance announcements: May 15, 2019
Run dates: June 7 - August 16, 2019

“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 of working 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

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 May 15, 2019 if you have been accepted into the program.

Interns who successfully complete the program will have their paperwork for internship credits signed. Drop-outs will earn no credits. Those who do not complete the program are not authorized to list our business as a place where an internship took place. 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 upon completion of the internship program(s). Employment preference is given to those who have participated in the internship program.

