



## Experience Works! PLUS Internship Program

A program of the Westmoreland-Fayette Workforce Investment Board

***Please review the EWP Handbook for full program eligibility and application processes. The WFWIB funds internships at its discretion and reserves the right to screen worksite and individual intern applications to ensure program eligibility. We cannot guarantee an interview or internship offer if a student is referred to one of the following organizations. Program spots are limited and filled on a rolling basis.***

### **Internship Job Title:**

Fitness Coaching (for majors in exercise science, athletic training, or related programs.)

### **Location:**

Latrobe, PA

### **Responsibilities:**

Organization is a coaching facility that combines high-tech with high-touch to assist clients create LIVABLE eating and exercise solutions for a healthier lifestyle. Primary target audience is individuals with various psychosomatic barriers that challenge either the start of and/or compliance with a regular LIVABLE routine.

Intern can expect to gain valuable technical experience in the application of client assessment, program design (e.g., ExRx), metabolism calculation, nutrition & supplement recommendation/coaching, and client accountability.

In addition to the technical hands-on experience, interns will also gain valuable experience in the necessary business, sales and marketing required in the commercial fitness industry. This includes exposure to aspects of starting and running a business such as business planning, financial management, client acquisition and retention strategies, and operational logistics.

Daily and weekly tasks include:

- Assisting with client assessments and program design
- Assisting with exercise instruction in individual training sessions and group fit classes
- Equipment maintenance
- Client interaction
- Team meetings
- Professional Development

**Critical Skills**

- Coachable and willingness to learn.
- Passion to work with and see success in others.
- Strong communication/rapport building skills.
- Personal interest in fitness.
- Current CPR, First Aid & AED Certification from American Heart Association or American Red Cross required (or will be required by start date of Internship.)

**Encouraged Certifications:**

NCSA - CSCS (National Strength & Conditioning Association - Certified Strength & Conditioning Specialist, NASM (National Academy of Sports Medicine), Precision Nutrition, AAHFR - MES (American Academy of Health, Fitness & Rehabilitation - Medical Exercise Specialist), CFSC (Certified Functional Strength Coach)

Additional skills that may be utilized if you have them:

Social Media Marketing (SMM)