

PEAK Internship Spring 2019

GET EXPERIENCE!

Fitness leadership

- Teach group fitness classes
- Lead movement breaks
- Personal training

Health & fitness testing /services

- Bod pod body composition
- Fitness testing (aerobic fitness, strength, flexibility)
- Biometric screening (finger stick cholesterol/glucose/A1c, blood pressure)
- Resting metabolic rate

Administrative tasks

- Scheduling, reminder calls, customer service, etc.
- Fitness instructor evaluation
- May also have the opportunity to work on: marketing, program development/management, or other projects

The PEAK internship experience set me apart when it came to building my resume, networking and applying for and getting accepted into graduate school.
Emily Sosa

Working at PEAK was a fantastic experience. I was able to grow a lot personally and solidify many aspects of my academic knowledge.

Alli Hahn

QUALIFICATIONS

- Be prepared to successfully teach fitness classes
- Demonstrated interest in health and fitness
- Willingness and ability to learn testing
- Ability to work both independently and as a member of a team

INTERNSHIP OPTIONS

240 hour PEAK Internship

- 15-20 hours per week (depending on # weeks)
- Teach 5-8 hours group fitness classes/week
- Potential \$800 stipend paid at successful completion of internship hours

120 hour PEAK Internship

- 8-10 hours per week (depending on # weeks)
- Teach 3-5 hours group fitness classes/week
- Potential \$400 stipend paid at successful completion of internship hours

240 hour PEAK/Skaggs Internship

- 15-20 hours per week (depending on # weeks) split between PEAK and Skaggs Wellness Center
- Teach 5-8 hours PEAK group fitness classes/week
- Potential \$800 stipend paid at successful completion of internship hours

My experiences at PEAK and Skaggs have been directly correlated to what I have been learning in class. It feels awesome to be applying what I am learning to the real world.

Molly Larson

INTERNSHIP SCHEDULE

Dates: January 7-May 1, 2019

Hours: PEAK is open Monday-Friday 6:30 AM-6:30 PM with occasional weekend/night activities

Each intern's schedule will depend on individual availability/needs and fitness class schedule.

INTERESTED?

Submit the following to traci.thompson@hsc.utah.edu by November 12.

1. Resume
2. Letter of interest (please mention the internship(s) you are applying for)
3. Hours available for internship
4. Dates out of town/unable to work

Positions may remain open if not filled, but applications received by midnight on November 12 will have first priority.

Skaggs Internship Spring 2019



GET EXPERIENCE!

Fitness leadership

- Teach group fitness classes
- Personal training
- Medical gym supervision

Health & fitness testing

- Bod pod body composition
- Fitness testing (aerobic fitness, strength, flexibility)
- Biometric screening (finger stick cholesterol/glucose/A1c, blood pressure)
- Resting metabolic rate

Administrative tasks

- Scheduling, reminder calls, customer service, etc.
- Fitness instructor evaluation
- May also have the opportunity to work on: marketing, program development/management, or other projects

The L.S. Skaggs Patient Wellness Center provides health and wellness programming for individuals in our community with neurological, orthopedic, and mobility limiting conditions. Students have the unique opportunity to work with faculty and staff from Colleges of Health, Pharmacy, Nursing, and University Hospital and Clinics.

At Skaggs, being able to work with patients has been helpful. I also have had other opportunities from Skaggs to help progress my education such as joining the Wellness Board. The experiences at Skaggs have impacted both my academic and personal growth.

Kari Weiss

QUALIFICATIONS

- Be prepared to successfully teach fitness classes
- Demonstrated interest in health and fitness
- Willingness and ability to learn testing
- Ability to work both independently and as a member of a team

INTERNSHIP SCHEDULE

Dates: January 2-May 1, 2019

Hours: Skaggs is open Monday-Thursday 6:30 AM-7:00 PM, Friday 7:00 AM-5:00 PM, & Saturday 8-noon with occasional weekend/night activities

Each intern's schedule will depend on individual availability/needs and fitness class schedule.

INTERNSHIP OPTIONS

120 hour Skaggs Internship

- 7.5-10 hours per week (depending on # weeks)
- Teach 2-3 hours group fitness classes/week
- Potential \$400 stipend paid at successful completion of internship hours

240 hour Skaggs Internship

- 15-20 hours per week (depending on # weeks)
- Teach 3-6 hours group fitness classes/week
- Potential \$800 stipend paid at successful completion of internship hours

240 hour PEAK/Skaggs Internship

- 15-20 hours per week (depending on # weeks) split between PEAK and Skaggs Wellness Center
- Teach 5-8 hours PEAK group fitness classes/week
- Potential \$800 stipend paid at successful completion of internship hours

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Molly Larson

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Tobacco Free



Tobacco Free Ambassador Internship - Spring semester 2019

The primary functions of a Tobacco Free Ambassador are to build awareness, promote a tobacco free campus culture, and encourage compliance of the University of Utah Tobacco Free Policy through ongoing peer-to-peer interaction. Ambassadors show leadership, professionalism, compassion and the desire to promote and celebrate a healthier campus.

Ambassadors will develop a thorough understanding of the University of Utah Tobacco Free policy as well as the cessation resources available for students, faculty and staff and where to find them. Ambassadors are led by professional staff who will encourage the team to identify, plan and implement projects and initiatives that progress the goals of the Tobacco Free policy. An ambassador's ability to take initiative and show team leadership is crucial.

ESSENTIAL DUTIES AND RESPONSIBILITIES

- Commit to 120 or 240 hours per semester
- Regular team meetings
- Marketing and messaging of the policy
- Outreach and tabling
- Event planning and promotion
- Conducting environmental scans
- Facilitating presentations for the community as needed
- Connecting campus community to cessation resources

BENEFITS OF BEING A STUDENT AMBASSADOR:

- Resume enhancement
- Potential for letters of recommendation
- Networking opportunities
- Leadership and public speaking development opportunities
- Opportunity to gain real world public health experience working toward solutions to complex campus concerns
- Mentorship for developing self-driven projects
- \$400 stipend paid at successful completion of each block of 120 internship hours

INTERESTED IN APPLYING?

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3. Hours available for internship
4. Dates out of town/unable to work

Positions may remain open if not filled, but applications received by midnight on November 12 will have first priority.