

INTERNSHIP SITE: Student Health Center Physical Therapy Department, UW-L
ADDRESS: 1111 Health Science Center, 1300 Badger Street, La Crosse, WI 54601
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SUPERVISOR: Christopher J. Durall, PT, DPT, SCS, ATCL, CSCS, PT Director
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INTERNSHIP PERIOD: FALL or SPRING SEMESTERS

PAY: None

BENEFITS: None

REQUIRED MAJOR(S): Exercise Science w/ Fitness Concentration (preferably also pre-PT)

REQUIRED SKILLS: Strong background in exercise instruction and exercise technique/personal training

REQUIRED CERTIFICATIONS: Current CPR certification

OTHER REQUIREMENTS: Immunizations up-to-date

SPECIAL APPLICATION INSTRUCTIONS: This internship is typically offered on a first-come basis. *All paperwork must be completed and signed to reserve an internship slot.*

POSITION DESCRIPTION:

GENERAL DUTIES AND EXPECTATIONS OF THE FITNESS INTERN:

The duty of the fitness intern at the SHC is to assist the PHYSICAL THERAPY staff with implementing exercise-based PHYSICAL THERAPY treatment programs. The degree of independence given to the intern will be determined by his/her skills and abilities, as judged both by the intern and the PHYSICAL THERAPY staff. Each intern will be asked to complete an exercise-related clinical project and present an in-service to the PT Department staff.

This internship is most appropriate for fitness interns who plan on entering a professional Physical Therapy program. Interns who complete this rotation should gain a greater insight into physical therapy as a whole, improve their appreciation of exercise as a treatment modality, and have a greater understanding of the role of a fitness professional in health care.

EVALUATION OF PERFORMANCE:

Fitness interns will be expected to demonstrate competence in the following skills during their internship in the Student Health Center-Physical Therapy Department:

- 1) Professional Behavior (ethical behavior; emotional control; professional dress & demeanor)
- 2) Communication Skills (verbal, non-verbal, written)
- 3) Assisting with Therapeutic Exercise with & w/o Equipment
- 4) Internship scholarly project & in-service

Mid-term & final evaluations will be performed using assessment criteria created by the UWL Exercise Science (Fitness Concentration) faculty