

INTERNSHIP SITE: Student Health Center Physical Therapy Department, UW-L
ADDRESS: 1300 Badger Street, La Crosse, WI 54601
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SUPERVISOR: Christopher J. Durall, PT, DPT, SCS, ATC-L, CSCS, PT Director
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INTERNSHIP PERIOD: FALL or SPRING SEMESTERS (internships are *not* available over summers or J-terms)

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 & signed to reserve an internship slot.*

POSITION DESCRIPTION:

GENERAL DUTIES & EXPECTATIONS OF THE FITNESS INTERN/FIELD EXPERIENCE: During the fitness internship/field experience, students will assist our Physical Therapist Assistants (PTAs) with implementing exercise-based Physical Therapy treatment programs. Fitness interns are also expected to assist the PT Department staff with routine operational tasks* including but not limited to: rooming patients; cleaning and stocking treatment rooms, cleaning gym equipment; monitoring patients exercising in the pool; preparing, retrieving, and/or returning hot packs/cold packs/cryo-cuffs for treatments; assisting with functional testing. The degree of independence given to each student will be determined by his/her skills and abilities, as judged by the PHYSICAL THERAPY staff. Fitness interns may be asked to complete an exercise-related clinical project (e.g. bulletin board) & may be asked to provide an in-service to the PT staff. Students enrolled in the Field Experience are **not** required to complete a project.

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 an outpatient physical therapy setting.

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 & w/ daily operational tasks*

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