INTERNSHIP SITE: Student Health Center Physical Therapy Department, UW-L
ADDRESS: 1300 Badger Street, La Crosse, WI 54601
PHONE: (608) 785-5120
FAX: (608) 785-8746
SUPERVISOR: Christopher J. Durall, PT, DPT, SCS, ATC-L, CSCS, PT Director
EMAIL: cdurall@uwlax.edu

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.