



Personal Training Internship Program

Program Overview

Internship opportunities are available through Athletic Performance Inc. for college students pursuing a career in the health and fitness industry. Qualified candidates must have a Bachelor's Degree, or junior/senior standing in Exercise Science or related field, and have successfully completed the following prerequisites: *Human Anatomy and Physiology, Kinesiology, Exercise Physiology, Evaluation and Measurement, Adult CPR and Human Nutrition.*

Students will be directly involved with API's personal training program including evaluation, program design and instruction, as well as administrative duties.

Part-time and full-time internship opportunities are available during the fall and winter/spring semesters and the summer. Student interns should be committed to the health and fitness profession; and as such, be willing and eager to participate in all facets of program development. Internship positions may include stipend.

Deadlines for applications:

- Fall Semester: July 15th
- Winter/Spring Semester: November 15th
- Summer: April 15th

Applicants should send the completed internship application and resume to the address below.

The Club @ API.
1023 Benfield Blvd
Millersville, MD 21108

Phone: (410) 987-1957
E-mail: internships@theclubatapi.com



Personal Training Internship Program

Student Application

| | | | |
|---|--|---------------|-----|
| Name | | Date of Birth | |
| Home Address | City | State | Zip |
| School Address | City | State | Zip |
| Cell Phone | E-Mail Address | | |
| Internship Applying For: <input type="checkbox"/> Fall <input type="checkbox"/> Winter/ Spring <input type="checkbox"/> Summer | | | |
| Are you currently enrolled in an undergraduate program? <input type="checkbox"/> Yes <input type="checkbox"/> No | | | |
| School | Major | | |
| Current Level of Education <input type="checkbox"/> Senior <input type="checkbox"/> Junior <input type="checkbox"/> Other | Are you currently employed? <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| Current Employer | Phone Number | | |
| Previous Employer | Phone Number | | |
| Please list all applicable experience and any other health and fitness: | | | |
| What do you hope to gain from your internship with Athletic Performance Inc.? | | | |

- **Please note: all interns must execute a non-compete agreement in order to be accepted.**

Send application and resume to:
The Club @ API 1023 Benfield Blvd Millersville, MD 21108



Personal Training Internship Program

Job Description

Title: Intern Personal Trainer

Reports to: Director

Primary Functions: To provide assistance and support to the personal training program and personal training staff.

Qualifications:

- Currently pursuing Bachelor's degree in Exercise Science or related field
- Strong interpersonal skills.
- Exceedingly high motivation and energy level.
- Strong people skills, flexibility, and the ability to manage a multi-task environment.
- Strong organizational and time management skills.
- Strong focus on customer service.

Certification Requirements:

- Currently pursuing a nationally recognized personal training certification
- Current First Aid/CPR certifications

Duties & Responsibilities:

- Provides instruction to clients according to API guidelines.
- Provides a safe training environment for all clients.
- Provides individual, partner and small group training.
- Completes each client's training program and accurately records daily results.
- Represents API in a professional manner.
- Assists in community outreach programs.

The job description has been fully explained to me and I have had the opportunity to ask questions if desired.

Name (Print)

Date

Signature