

PENN STATE STRENGTH & CONDITIONING

The Pennsylvania State University Strength and Conditioning department has **unpaid** internship opportunities available for fall, spring and summer semesters. The volunteers chosen to participate will gain valuable experience in the coordination of strength and conditioning program design, which include: proper warm-up & cool down, implementation of proper lifting techniques, creation of off-season training manuals, proper utilization of recovery methods, and the in's & outs of being an effective strength coach.

Qualifications:

Obtain or working towards a college degree in a related field such as: Exercise Science, Anatomy, Exercise Physiology, Kinesiology, Biomechanics, Measurement and Evaluation, and/or Nutrition.

Responsibilities:

May include but are not limited to: assisting in floor supervision, stocking nutrition closet, working with excel spreadsheet and PowerPoint, set-up and break down of lifts, being taken through workouts, equipment maintenance and cleaning, be able to work a non-traditional schedule Monday-Friday as well as some weekends.

Application Deadlines for Interested Volunteers:

- March 1st through 15th for Summer semester
- May 1st through 15th for Fall semester
- October 1st through 15th for Spring semester

All interested candidates please fill out general information sheet and send cover letter, resume and three professional references to:

Rhian Davis

Assistant Director of Performance Enhancement

Penn State University

Internship Director

Email: rld31@psu.edu

The Pennsylvania State University Strength and Conditioning department also offers Practicum/Internships through the Collegiate Strength and Conditioning Coaches association (CSCCa).

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GENERAL INFORMATION SHEET

Directions: Please fill out all required sections, as well as attach cover letter, resume, and 3 professional references.

Full Name _____
(Please Print)

Signature _____ **Date** _____

DOB _____ **Hometown** _____

Education

Please enter information regarding your highest degree earned or currently working towards, and relevant certification

Name of School: _____

Major Area of Study: _____

Degree Earned: _____

Certifications Earned: _____

PLEASE EMAIL COMPLETED FORM WITH REQUIRED ATTACHMENTS TO:

Rhian Davis

Assistant Director of Performance

Enhancement Penn State University

Internship Director

Email: rld31@psu.edu