The Health & Fitness Lab is part of the Intramural-Recreational Sports Department. The Health & Fitness Lab offers a Practicum/Internship Program designed to provide a valuable learning experience in a university setting. Activities and work assignments will be based on the student's specific interests, knowledge and background. A wide variety of opportunities in fitness and wellness services and programming are available to the participants in this program.

The Health & Fitness Lab offers three areas of Practicum/Internship:

1. **Practicum/Internship in Health & Fitness Services**: 2 positions  
   **Activities in which the student will be involved:**  
   **Fitness Assessments**: Perform walk-in services - body composition analysis, blood pressure screening, height/weight and circumference measurements; Perform fitness assessment services - sub-maximal cardiovascular, flexibility, muscular strength and endurance, health risk assessment; Administer informed consents, medical history, and pre-activity questionnaires.  
   **Exercise Prescription**: Exercise consultation and program design; Implementation of exercise programs; Instruction and demonstration of the proper equipment use; Interaction with exercising patrons.  
   **Fitness Programs**: Assist with the marketing, set up and evaluation of the different programs and events organized in the Fitness Center, Preston Center and/or residence halls (e.g. Big Red Bench Off, Fitness Center Muscle of the Month Challenge, Preston Center newsletter, presentations in the residence halls, promotion of Health & Fitness Lab services, etc.).

2. **Practicum/Internship in Fitness & Instructional Programs**: 1 position  
   **Activities in which the student will be involved:**  
   **Group exercise classes**: Participate in classes offered and instruction of classes, if applicable. Assist with the daily operations of participation log, equipment inventory and marketing.  
   **Fitness Incentive Programs**: Assist in the marketing, registration, monthly winners and evaluation of the fitness incentive program.  
   **Instructional Programs**: Assist with the marketing, set up and evaluation of an instructional program. This may require some nights and weekends to assist with instructional programs.

3. **Practicum/Internship in the Student Wellness Program, WellU®**: 1 position  
   **Activities in which the student will be involved:**  
   **Program Duties**: Compile materials for the participants and instructors for the WellU® program; Assist with presenting to academic classes and other campus groups about the WellU® program; Maintain data management for the WellU® website including event list, participation recording and communication e-mail comments and questions; Communicate with module and early bird prize winners and distribute prizes.  
   **Marketing Duties**: Assist with the marketing of all program promotion on campus using various advertising mediums, including posters, brochures, symon boards, websites, video, pictures, newspapers, classrooms, etc.  
   **Website Duties**: Create interactive photos on the WellU® homepage for student interaction; Update social networks daily and invite program participants to events.

All areas will be involved with the following:  
**Marketing and Promotion**: Specific to programming concentration  
**Special Events**: Poker Walk (fall/spring semester), Student health fair (spring semester), other practicum/internship assignments  
**Administration**: Assist with operation of the front desk; Make appointments, explain and schedule services, collect fees; Assist with daily office duties – making copies, laminating, posting posters, etc.
**Practicum/Internship Assignment:** Internship students will be required to do a semester project as part of their internship in the Health & Fitness Lab. The intern will be required to develop a project proposal and submit it to the internship supervisor for approval. Once approved, it will be the intern’s responsibility to carry the project from start to finish and generate a project report detailing the project development, implementation, and evaluation process and outcomes. Student Wellness Intern will be encouraged to collaborate with another campus organization/department for their project.

**Requirements:** Any student enrolled as a junior or senior in an Exercise, Recreation, Public Health, Student Affairs, Marketing, Nutrition or any health related course of study. The successful candidate must possess good communication skills, ability and willingness to learn and be available for a minimum of ten to fifteen weeks working 10 -15 hours per week (depending on total number hours). The candidate must also possess current CPR/AED and First Aid certifications.

Please submit documents that reflect a sincere academic and personal interest. If your major requires candidates to complete more hours, the Health & Fitness Lab is willing to accommodate.

**Compensation:** This program is to expand the educational experiences of students enrolled in physical education, exercise physiology, nutrition, fitness, recreation, or health related disciplines. There is no financial compensation. Future employment in the Health & Fitness Lab and/or fitness center is a potential, but not guaranteed.

**Internship Availability:** Internships are available for the Fall and Spring semesters.

**To apply, send the following information:** Cover letter (be specific in area of emphasis and why), resume, two letters of recommendation (at least one from major professor), your fall semester schedule and your advisor name and contact information.

**Contacts:**
Health & Fitness Services: Jarka Voracova, Exercise Coordinator, jaroslava.voracova@wku.edu
Fitness and Instructional Programs: Lindsay Thomayer, Fitness Coordinator, lindsay.thomayer@wku.edu
Student Wellness Program Marketing, WellU: Alissa Arnold, Student Wellness Coordinator, alissa.arnold@wku.edu

**Address:** Western Kentucky University, Health & Fitness Lab, Room 20A
1906 College Heights Blvd. #11097, Bowling Green, Kentucky, 42101-1097
HEALTH & FITNESS LAB Phone #: 270-745-6531

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Application deadline: Friday, June 15th 2012 in the Health & Fitness Lab