FLEX
(Future Leaders in Exercise)
INTERNSHIP PROGRAM

An opportunity to gain experience in a Wellness Center World!

The FLEX program at the UND Student Wellness Center is designed to provide progressive experiential learning. This is not a program for everyone; it is a program for those who are willing to push themselves, meet challenges, and succeed. Supervision of this program is by the Coordinator of Fitness who is to work in conjunction with the faculty member of the respective health, physical education, exercise science-related department and college/university.

This can be up to a two year program that is broken down into three main categories: Fitness Experience, Dimensional Wellness and Programs, and Fitness Administration.

In the first year, there is a lot of hands on experience involved where you will gain the knowledge to perform fitness tests that are done by fitness professionals all over the nation. The first year, option I is only available to undergraduate students. The options II and III are available for undergraduates to continue through or for graduate students to apply for.

Throughout the second and third year, you will be able to work as a Personal Trainer (if certified) and/or a Group Exercise Instructor (certification encouraged) plus gain experience in promoting and working on current issues and ideas that the Wellness Center has to offer in fitness administration.

I. Fitness Experience Opportunities

- Standard Fitness Assessments
- Getting Started with Weights
- Bod Pod testing
- Skinfold testing
- Fitness Desk duties
- Answering general facility questions
- Size and work cardio and weight equipments
- Exercise for muscle groups
• Shadow a Certified Personal Trainer
• EZ Facility and BSDI computer tools.
• Promote other Wellness Center areas such as group exercise and personal training.

II. Dimensional Wellness & Programs

• Wellness & Fitness Promotion
• Wellness Coaching Experiential Training
• Seven Dimensional Programming
• Integrated Program Development
• Personal Training (if/when nationally certified from NSCA, ACSM, or ACE as acquired)
• Group Exercise (ACE, AFAA, NETA, or specialty national certification encouraged)

III. Fitness Administration

• Fitness Administrative Role
• Facility & Risk Management
• Assist with the marketing of programs and revenue generation
• Welcome Desk & Fitness Desk Operation
• Weight management classes/work with dietitian
• Educational Campaigns
• Preventative Maintenance
• Capital Replacement Plan and floor layout.

Requirements of Program

• Minimum of 45 credits completed - 2nd semester sophomore or 1st semester junior
• Minimum of 3.0 GPA maintained proven by an official transcript at interview and upon follow up semesters.
• Fitness or related degree or progress towards a fitness or related degree.
• General Working knowledge of fitness equipment and ability to explain proper use to participants
• Ability to life at least 50 lbs.
This internship program is at first priority, a collaborative partnership with the Physical Education, Exercise Science, and Wellness (PXW) department at UND. Therefore, preference will be given to current UND students and Team Wellness employees.

General Expectations

- Follow Team Wellness hiring procedures and provide 1-2 letters of recommendation prior to interview.
- Certification in CPR/First Aid/AED within two weeks of employment
- Attend team meetings/trainings for Team Wellness and area as required.
- Journal entries to be submitted bi-monthly
- Log of hours submitted bi-monthly
- Follow Team Wellness employee standards.

Evaluations

A Wellness Center Job Performance Appraisal (JPA) is conducted at mid-term by the coordinator and discussed with the intern. A reflection paper, or similar required final paper, is to be turned into the Coordinator upon which the total hours log and JPA will be attached, with any appropriate comments to the paper, and routed to the pre-determined faculty member of the respective student.

This program is a non-paid learning experience for the development of practical and field skills in health & fitness-related students. The minimum and maximum hours required may vary by institution and this will be taken into consideration upon acceptance to the program. However, option I is the only option with a minimum of 2 credits where the other two options have minimum of 4 credits, using 30 hours to one credit hour.