



THE OHIO STATE UNIVERSITY

# SYLLABUS KNHES 5191

Internship: Health & Exercise Science



## COURSE OVERVIEW

### University Supervisor

Instructor: Carmen B. Swain, Ph.D.

Email address: [swain.78@osu.edu](mailto:swain.78@osu.edu)

Phone number: (614) 292-5959

### Course description

To prepare students to assume career-related responsibilities in Exercise Science. To provide a practical extended experience under the supervision of an exercise science professional, in a program that will enhance the intern's exercise science education.

### Course terms

University Supervisor - OSU Exercise Science faculty (Dr. Swain) assigned the responsibility for instruction and coordinating internship experiences for the period covered by the internship.

Site Supervisor - person assigned by the cooperating organization that will be on site during the internship and accepts responsibility for insuring objectives are met and interns are evaluated.

Organization - any company, club, hospital, etc. which has been determined (by the University Supervisor) to be able to provide the professional experiences necessary to meet the objectives required of the internship.

## Course objectives

The objectives of the internship are to gain experience in:

A. Fitness evaluation including work output determinations, exercise prescription, body composition assessment, heart rate and blood pressure response, and review of results of fitness and related evaluations.

B. Exercise leadership, i.e., conduct of group and individual exercise programs, including:

- Skill to teach and demonstrate appropriate exercises used in the warm-up and cool-down of a variety of group exercise classes.
- Skill to teach class participants how to monitor intensity of exercise using heart rate and rating of perceived exertion.
- Skill to teach participants how to use RPE and heart rate to adjust the intensity of the exercise session.
- Skill to teach and demonstrate appropriate modifications in specific exercises for the following groups: older adults, pregnant and postnatal women, obese persons, and persons with low back pain.
- Skill to teach and demonstrate appropriate exercises for improving range of motion of all major joints.
- Skill to effectively use verbal and nonverbal cues in the group exercise setting, including anticipatory, motivational, safety, and educational.
- Skill to demonstrate the proper form, alignment, and technique in typical exercises used in the warm-up

C. Teaching/consultation opportunities in areas such as cardiovascular fitness, nutrition, smoking cessation, risk factors for cardiovascular disease, etc.

D. Exercise and Fitness oriented program promotion.

E. Exercise and Fitness oriented program administration, budgets, facility operation and equipment selection, maintenance, and repair.

## Choosing an Internship Site

A website listing of [possible sites](#) for the internship experience can be found on the department webpages. Limited information may be posted on the appropriate bulletin boards in the Exercise Science area. These materials contain information on programs in many different areas (corporate fitness, sports medicine, cardiac rehabilitation etc.) at various locations. Review these resources and discuss your interests with the University Exercise Science Internship Supervisor (Dr. Swain). Other sites can be selected, and students are encouraged to aggressively seek sites which meet their goals. Note: all sites must be approved by the University Supervisor.



## Application Procedures

Students will complete the [Student Learning Agreement](#) and have at least an initial correspondence with the internship site. If the agreement is submitted after the date indicated below, internship enrollment will not be guaranteed for the following semester.

**Table 1: Semester Application Due Dates**

Semester	Student Learning Agreement Due Date
Autumn	June 15
Spring	November 15
Summer	March 15

## RESPONSIBILITIES OF PARTIES:

### A. ORGANIZATION

1. Design and provide experiences that will accomplish the objectives as listed above, and others if applicable.
2. Include the intern in organizational communications and permit limited access to organization administrative files as needed for specific responsibilities assigned.
3. Integrate the intern into the efforts of the workplace including interaction with staff personnel and clients.
4. Encourage new ideas and originality in situations that are appropriate.

5. Clearly identify expectations of the intern and experiences available.
6. Assign a Site Supervisor who will take overall responsibility to insure a valuable educational experience for the intern.

#### B. THE SITE SUPERVISOR

1. Assign specific responsibilities to the intern with the intent of challenging the intern with progressively more difficult tasks.
2. Supervise the intern's work and encourage independent performance of duties.
3. Evaluate performance in accordance with requirements that follow.
4. Provide advice and counsel to the intern toward more complete preparation and achievement of chosen goals.
5. Record anecdotal comments in the intern's biweekly report when appropriate and verify hours and experiences.
6. Serve as a contact person with the University Supervisor, for the organization.

#### C. THE UNIVERSITY SUPERVISOR

1. Assist the student in making decisions regarding site selection; facilitate arrangements with the student and the organization for all internship procedures.
2. Evaluate the intern's performance based on the intern meeting course requirements, site supervisor input, regular reports, and other contacts.
3. When time and geographic location permit, visit and counsel the intern.

#### D. THE INTERN

1. Eligibility

In order to participate in the internship, the student must meet the following requirements.

- a. Exercise Science major in good academic standing
- b. Satisfactory completion of the [Student Learning Agreement](#)

- c. Permission of University Supervisor

## Course Grading

This course is graded S/U. Satisfactory completion of the course will be determined by suitable completion of the minimum practical hours (see Table 2) at the agreed internship site as determined by the site supervisor and satisfactory completion of the course assignments.

## Course Assignments

Completion of each of the assignments listed below is mandatory. Each assignment should be posted to Carmen Canvas. Supervisor evaluations (midterm and final) should be emailed directly from the site supervisor to [swain.78@osu.edu](mailto:swain.78@osu.edu).

- Verification of Internship
- Bi-Weekly Report 1
- Organizational Profile
- Bi-Weekly Report 2
- Bi-Weekly Report 3
- Midterm Evaluation (student and site supervisor)
- Bi-Weekly Report 4
- Bi-Weekly Report 5
- Educational Presentation
- Bi-Weekly Report 6
- Bi-Weekly Report 7
- Final Evaluation (student and site supervisor)

## HOW THIS COURSE WORKS

**Mode of delivery:** This is a hybrid course. You will complete practical work in a setting with a site supervisor to whom you directly report. You will also complete coursework as indicated above and as described on CarmenCanvas course site that is to be submitted online. There

are no required sessions when you must be logged in to Carmen at a scheduled time. If you should have any issues, problems, or questions regarding your internship, contact Dr. Swain (University supervisor) at [swain.78@osu.edu](mailto:swain.78@osu.edu).

**Pace of online activities:** This course is divided into **weekly modules** that are released on Monday of each week. Students are expected to keep pace with weekly deadlines but may schedule their efforts freely within that time frame.

**Credit hours and work expectations:** This is a **1-12-credit-hour course**. According to [Ohio State policy](#), students should expect 2 hours per week of time spent on practical or experimental work in addition to course assignments, per credit hour.

**Table 2: Credit hours and work expectations**

Credit Hour	Minimum Field Hours per Week	Total Hours per Semester
1	2	30
2	4	60
3	6	90
4	8	120
5	10	150
6	12	180
7	14	210
8	16	240
9	18	270
10	20	300
11	22	330
12	24	360

**Attendance and participation requirements:** Because this is a field experience, your attendance is determined according to the schedule set by your site supervisor. You are expected to be on-time and dressed appropriately. If you are to be late or miss a scheduled time, please reach out to your site supervisor at your earliest convenience. Please note, repeated tardiness or absenteeism may result in a U for the class.

# COURSE MATERIALS AND TECHNOLOGIES

## Textbooks - Not Required

## Course technology

For help with your password, university email, Carmen, or any other technology issues, questions, or requests, contact the Ohio State IT Service Desk. Standard support hours are available at [ocio.osu.edu/help/hours](https://ocio.osu.edu/help/hours), and support for urgent issues is available 24/7.

- **Self-Service and Chat support:** [ocio.osu.edu/help](https://ocio.osu.edu/help)
- **Phone:** 614-688-4357(HELP)
- **Email:** [servicedesk@osu.edu](mailto:servicedesk@osu.edu)
- **TDD:** 614-688-8743

## BASELINE TECHNICAL SKILLS FOR ONLINE COURSES

- Basic computer and web-browsing skills
- Navigating Carmen: for questions about specific functionality, see the [Canvas Student Guide](#).

## REQUIRED TECHNOLOGY SKILLS SPECIFIC TO THIS COURSE

- [CarmenZoom virtual meetings](#)
- [Recording a slide presentation with audio narration](#)
- [Recording, editing, and uploading video](#)

## REQUIRED EQUIPMENT

- Computer: current Mac (OS X) or PC (Windows 7+) with high-speed internet connection
- Webcam: built-in or external webcam, fully installed and tested
- Microphone: built-in laptop or tablet mic or external microphone
- Other: a mobile device (smartphone or tablet) or landline to use for BuckeyePass authentication

## REQUIRED SOFTWARE

- [Microsoft Office 365](#): All Ohio State students are now eligible for free Microsoft Office 365 ProPlus through Microsoft's Student Advantage program. Full instructions for downloading and installation can be found [at go.osu.edu/office365help](https://go.osu.edu/office365help).

## CARMEN ACCESS

You will need to use [BuckeyePass](#) multi-factor authentication to access your courses in Carmen. To ensure that you are able to connect to Carmen at all times, it is recommended that you take the following steps:

- Register multiple devices in case something happens to your primary device. Visit the [BuckeyePass - Adding a Device](#) help article for step-by-step instructions.
- Request passcodes to keep as a backup authentication option. When you see the Duo login screen on your computer, click **Enter a Passcode** and then click the **Text me new codes** button that appears. This will text you ten passcodes good for 365 days that can each be used once.
- Download the [Duo Mobile application](#) to all of your registered devices for the ability to generate one-time codes in the event that you lose cell, data, or Wi-Fi service.

If none of these options will meet the needs of your situation, you can contact the IT Service Desk at 614-688-4357 (HELP) and IT support staff will work out a solution with you.



# GRADING AND FACULTY RESPONSE

## How your grade is calculated

ASSIGNMENT	REQUIRED	DUE DATE
Verification of Internship	Yes	1 <sup>st</sup> Day of Internship*
Bi-Weekly Reports (1-7)	Yes	End of Semester Week 2, 4, 6, 8, 10, 12, 14*
Organizational Profile	Yes	End of Semester Week 3*
Student Midterm Evaluation	Yes	End of Semester Week 7*
Site Supervisor Midterm Evaluation	Yes	End of Semester Week 7*
Educational Presentation *Required for internships at 6 or more credit hours	Yes*	End of Semester Week 12*
Student Final Evaluation	Yes	End of Semester Week 14*
Site Supervisor Final Evaluation	Yes	End of Semester Week 14*

\*Assignments are identified on the CarmenCanvas Course Calendar with specified due dates

## Grading scale

This course is graded S/U. You must complete the minimum required practical hours per registered credit hour, in one semester, as shown in Table 1. In addition, all assignments as indicated above must be satisfactorily completed to receive a grade of S.

## Instructor feedback and response time

I am providing the following list to give you an idea of my intended availability throughout the course. (Remember that you can call **614-688-HELP** at any time if you have a technical problem.)

- **Grading and feedback:** For weekly assignments, you can generally expect feedback within **7 days**.

- **Email:** I will reply to emails within **24 hours on days when class is in session at the university**. If you do not hear from me, please feel free to send another email.

## OTHER COURSE POLICIES

### Discussion and communication guidelines

The following are my expectations for how we should communicate as a class. Above all, please remember to be respectful and thoughtful.

- **Writing style:** You should provide typed responses (i.e., not handwritten). Remember to write using good grammar, spelling, capitalization, and punctuation. When responding to a question, provide the question and respond in complete sentences. Writing in general should utilize complete sentences, unless asked otherwise. A conversational tone is fine for non-academic topics.
- **Tone and civility:** Let's maintain a supportive learning community where everyone feels safe and where people can disagree amicably. Remember that sarcasm doesn't always come across online.
- **Citing your sources:** When we have academic related work, please cite your sources to back up what you say. For course materials, list at least the author and publication year. For online sources, include a link.
- **Backing up your work:** Consider composing your academic posts in a word processor, where you can save your work, and then copying into the Carmen discussion.

### Academic integrity policy

#### POLICIES FOR THIS ONLINE COURSE

- **Written assignments:** Your written assignments, should be your own original work. In formal assignments, you should follow APA style to cite the ideas and words of your research sources. You are encouraged to ask a trusted person to proofread your assignments before you turn them in—but no one else should revise or rewrite your work. You should write in complete sentences, unless specifically stated otherwise. All work should be typed (not hand-written). If you are to upload a file to Carmen Canvas, it should be a Word file.
- **Reusing past work:** In general, you are prohibited in university courses from turning in work from a past class to your current class, even if you modify it. If you want to build on

past research or revisit a topic you've explored in previous courses, please discuss the situation with me.

- **Falsifying research or results:** All research you will conduct in this course is intended to be a learning experience; you should never feel tempted to make your results or your library research look more successful than it was.
- **Collaboration and informal peer-review:** The course may include opportunities for formal collaboration with your classmates. While study groups and peer-review of major written projects is encouraged, remember that comparing answers on an assignment is not permitted. If you're unsure about a particular situation, please feel free just to ask ahead of time.

## OHIO STATE'S ACADEMIC INTEGRITY POLICY

Academic integrity is essential to maintaining an environment that fosters excellence in teaching, research, and other educational and scholarly activities. Thus, The Ohio State University and the Committee on Academic Misconduct (COAM) expect that all students have read and understand the university's [\*Code of Student Conduct\*](#), and that all students will complete all academic and scholarly assignments with fairness and honesty. Students must recognize that failure to follow the rules and guidelines established in the university's *Code of Student Conduct* and this syllabus may constitute "Academic Misconduct."

The Ohio State University's *Code of Student Conduct* (Section 3335-23-04) defines academic misconduct as: "Any activity that tends to compromise the academic integrity of the university or subvert the educational process." Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the university's *Code of Student Conduct* is never considered an excuse for academic misconduct, so I recommend that you review the *Code of Student Conduct* and, specifically, the sections dealing with academic misconduct. If COAM determines that you have violated the university's *Code of Student Conduct* (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the university.

If you have any questions about the above policy or what constitutes academic misconduct in this course, please contact me.

Other sources of information on academic misconduct (integrity) to which you can refer include:

- The Committee on Academic Misconduct web pages ([COAM Home](#))
- *Ten Suggestions for Preserving Academic Integrity* ([Ten Suggestions](#))
- *Eight Cardinal Rules of Academic Integrity* ([www.northwestern.edu/uacc/8cards.htm](http://www.northwestern.edu/uacc/8cards.htm))

## Copyright disclaimer

The materials used in connection with this course may be subject to copyright protection and are only for the use of students officially enrolled in the course for the educational purposes associated with the course. Copyright law must be considered before copying, retaining, or disseminating materials outside of the course.

## Statement on Title IX

All students and employees at Ohio State have the right to work and learn in an environment free from harassment and discrimination based on sex or gender, and the university can arrange interim measures, provide support resources, and explain investigation options, including referral to confidential resources.

If you or someone you know has been harassed or discriminated against based on your sex or gender, including sexual harassment, sexual assault, relationship violence, stalking, or sexual exploitation, you may find information about your rights and options at [titleix.osu.edu](http://titleix.osu.edu) or by contacting the Ohio State Title IX Coordinator at [titleix@osu.edu](mailto:titleix@osu.edu). Title IX is part of the Office of Institutional Equity (OIE) at Ohio State, which responds to all bias-motivated incidents of harassment and discrimination, such as race, religion, national origin and disability. For more information on OIE, visit [equity.osu.edu](http://equity.osu.edu) or email [equity@osu.edu](mailto:equity@osu.edu).

## Your mental health

As a student you may experience a range of issues that can cause barriers to learn, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. The Ohio State University offers services to assist you with addressing these and other concerns you may be experiencing. If you find yourself feeling isolated, anxious, or overwhelmed, please know that there are resources to help: [ccs.osu.edu](http://ccs.osu.edu). You can reach an on-call counselor when CCS is closed at (614) 292-5766- and 24-hour emergency help is also available through the 24/7 National Prevention Hotline at 1-(800)-273-TALK or at [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org). The Ohio State Wellness app is also a great resource available at [go.osu.edu/wellnessapp](http://go.osu.edu/wellnessapp).

# ACCESSIBILITY ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

## Requesting accommodations

The university strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability including mental health, chronic or temporary medical conditions, please let me know immediately so that we can privately discuss options. To establish reasonable accommodations, I may request that you register with Student Life Disability Services. After registration, make arrangements with me as soon as possible to discuss your accommodations so that they may be implemented in a timely fashion. **SLDS contact information:** [slds@osu.edu](mailto:slds@osu.edu); 614-292-3307; 098 Baker Hall, 113 W. 12<sup>th</sup> Avenue.

## Accessibility of course technology

This online course requires use of Carmen (Ohio State's learning management system) and other online communication and multimedia tools. If you need additional services to use these technologies, please request accommodations with your instructor.

- [CarmenCanvas accessibility](#)
- [CarmenZoom accessibility](#)
- Streaming audio and video
- Collaborative course tool

## Covid-19 Accommodations

The university strives to make all learning experiences as accessible as possible. Considering the pandemic, students seeking to request COVID-related accommodations may do so through the university's request process.

# POTENTIAL SITES FOR INTERNSHIP

## OHIO

### Clinical Internships

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#### **Blanchard Valley Hospital – Cardiac Rehabilitation**

Jane and Gary Heminger HeartCare

Findlay, OH 45840

(419) 423-5153

Interns can participate in Phase I - IV cardiac rehabilitation programming.

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#### **Cavender Health - Center for Cardiovascular Risk Reduction, Metabolic Weight Management, Sports & Sexual Medicine**

164 Wetherby Lane

Westerville, OH 43081

(614) 939-2308

Joe Mattivich, (614) 572-7774, [Frontdesk@CavHealth.com](mailto:Frontdesk@CavHealth.com)

CardioMetabolic Health is an Executive Metabolic Syndrome Intervention Program that is available to all individuals who seek a Comprehensive and Personal Approach to their healthcare. We Specialize in Cardiovascular and Metabolic Disease Risk Reduction through aggressive weight loss intervention with the primary focus on treatment of the underlying metabolic and endocrine conditions, (including sex hormones disorders/imbances with subsequent sexual dysfunctions) that are the underlying barriers to the achievement of individual health and quality of life goals.

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#### **Cincinnati's Children's Hospital**

3333 Burnet Ave.

Cincinnati, OH 45229

The Clinical Exercise Physiology internship program at Cincinnati Children's offers a comprehensive training in Clinical Exercise Testing, Cardiopulmonary Exercise Rehabilitation or Exercise Therapy in Weight Management. To apply:

<http://www.cincinnatichildrens.org/education/clinical/graduate/student/exercise-physiology/apply/>

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#### **Cleveland Clinic Foundation**

Desk A42

9500 Eucchio Ave.

Cleveland, OH 44195

Gordon Blackburn PhD, (216) 444-8300

Cleveland Clinic is a large multidisciplinary, urban tertiary care hospital. The cardiac rehabilitation program has both inpatient and outpatient facilities. Over 4,000 patients are treated annually in Phase I, and 11,000 GXTs are conducted per year. Up to 60 patients can be seen daily in Phase II and

III. The Cardiac Rehabilitation program is part of the Section of Preventative Cardiology and incorporates aggressive risk stratification and risk reduction strategies as part of each patient care plan.

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**East Liverpool City Hospital**

425 W. 5th St.

East Liverpool, OH 43920

(216) 385-7200

[www.elch.org/our-services/east-liverpool-therapy-center/therapy-rehabilitation/](http://www.elch.org/our-services/east-liverpool-therapy-center/therapy-rehabilitation/)

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**Fairfield Medical Center**

401 N. Ewing St.

Lancaster, OH 43130

Teresa Weiner / Liz Hoover, (740) 687-8174

Fairfield Medical Center provides a multitude of experiences for graduate and undergraduate students. This internship main goal is to prepare the participant for the exercise specialist certification required by the American College of Sports Medicine. You will receive experience in the following areas cardiac rehabilitation phases II-IV; adult fitness, exercise prescription and grades exercise testing.

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**Franciscan Sports Medicine Center**

One Franciscan Way

Dayton, OH 45408

Carol Cole, (937) 229-7415

Franciscan Sports Medicine Center has fitness programs for employees, seniors, and the community. The 25,000-sq. ft. facility includes cardiovascular and resistance training equipment, a walking track, and a swimming pool. Interns will gain valuable experience in conducting fitness assessments, maximal stress tests, exercise prescription and consultation, exercise instruction, fitness programming, and general administration.

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**Genesis Health Care System**

2951 Maple Avenue

Zanesville, OH 43701

Sandra S. Brown, RN, BSN, Rehab Nurse, (740) 453-3022

Genesis Health Care System Cardiac Rehabilitation Program is in the Cardiopulmonary Department of Bethesda Hospital and Good Samaritan Medical Center. Both facilities offer Phase I in-patient Cardiac Rehab and education, Diagnostic testing, maximal stress testing, echocardiograms, and nuclear medicine studies. Phase II cardiac Rehab is offered at the Bethesda campus.

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**Grant Medical Center's Physician's Building**

340 E. Town St., 9th Floor

Columbus, OH 43215

(614) 566-9880

Danielle Repko, (614) 566-9880

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**Hands on Physical Therapy**

Primary Location: 1401 S Arch Ave, Alliance, OH 44601, (330) 823-4263

Secondary Location: 45 State St, Struthers, OH 44471, (330) 755-6552

Lisa Norton-Toth, MPT, (330) 506-2700, [Lrnmpt@aol.com](mailto:Lrnmpt@aol.com)

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**Heart Fitness Center - Cardiac Rehabilitation**

1530 Needmore Rd.

Dayton, OH 45414

Bernadine Wressell, (937) 277-8476

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**Holzer Clinic Occupational Health-Sports Medicine**

4th and Sycamore

Gallipolis, OH 45631

John Cunningham

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**Lake Rehabilitation and Wellness Center**

6000 Heisley Rd.

Mentor OH44060-1836

Todd Music, (216) 352-1200

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**Lancaster Fairfield Memorial Hospital**

401 N. Ewing Road

Lancaster, OH 43130

Shelly Thompson

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**Life Center plus Health and Fitness Center**

5133 Darrow Rd.

Hudson, OH 44236

Jan M. Rubins, (330) 655-2377

Life Center Plus Health and Fitness Center includes activities for the whole family. Fitness evaluations, indoor track and lap pool, weight training and cardiovascular equipment, basketball, volleyball, and racquet ball courts, spinning and aerobics classes. The Center also provides Wellness activities including exercise programs for arthritic clients, cardiac rehabilitation, educational seminars and programs, dietitians, and Pre/Post Natal exercise programs.

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**Lima Memorial Health System**

**Cardiac Rehabilitation**

1001 Bellefontaine Ave.

Lima, OH 45804

Cheryl Drexler, (419) 226-5197

[cdrexler@LimaMemorial.org](mailto:cdrexler@LimaMemorial.org)

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**Lorain Community Hospital**

3700 Kolbe Rd.  
Lorain OH, 44053  
Claudia Montgomery

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**Mary Rutan - Cardiopulmonary Rehabilitation**

205 Palmer Rd.  
Bellefontaine, OH 43311  
Roxanne Tackett, (937) 592-4015

Mary Rutan internship provides practical opportunity to work with cardiac patients in Phases 1, 2, & 3. Other programs include pulmonary rehabilitation, wellness, smoking cessation, and occupational and community health. Specific learning experiences include exercise testing and prescription, body composition assessment, heart and blood pressure determination, teaching and consultations, program administration, and observation of cardiovascular diagnosis techniques.

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**McConnell Heart Health Center**

3773 Olentangy River Road  
Columbus, OH 43214  
Tony Hansen, (614) 566-3839  
Shauna Miller (614) 566-4914, [shauna.miller@ohiohealth.com](mailto:shauna.miller@ohiohealth.com)

The 105,000 square foot McConnell Heart Health Center is Columbus' premier Center for prevention and rehabilitation of cardiovascular disease, with spacious clinical and exercise areas, classrooms, and a heart healthy café. Clinical programs include cardiac rehabilitation, pulmonary rehabilitation, physical therapy, individual interdisciplinary counseling.

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**Mount Carmel Cardiac Rehabilitation**

444 N. Cleveland Ave. Suite 320  
Westerville, OH 43081  
Amanda Putnam, (614) 234-4008, [aputnam@mchs.com](mailto:aputnam@mchs.com)

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**Mount Carmel Fitness Center**

7100 Graphics Way,  
Lewis Center, OH 43035  
Sandra Binkowski, [sbinkowski@mountcarmelfitness.com](mailto:sbinkowski@mountcarmelfitness.com)

Intern responsibilities: Gain knowledge/experience in wellness and fitness programming, exercise testing and prescription, data outcomes, etc.

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**Nationwide Children's Hospital – The 5,000 Baby Project**

700 Children's Drive  
Columbus, OH 43205  
Phone number: 614-722-2000

Kathleen Adderley, [kathleen.adderley@nationwidechildrens.org](mailto:kathleen.adderley@nationwidechildrens.org)

In an innovative move to democratize health care, a team of researchers led by Linda Lowes, PT, PhD, and Lindsay Alfano, PT, DPT, PCS, in the Center for Gene Therapy at the Abigail Wexner Research

Institute at Nationwide Children's Hospital, is developing an inexpensive, noninvasive system to evaluate babies for neuromuscular and developmental disorders in the pediatricians' office or clinic. Interns participate in recruiting and filming babies for this research project.

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### **Nationwide Children's Hospital – Play Strong/New U Program**

Sports Medicine

584 County Line Rd West Westerville, OH 43082

Bre Cugliari, MS (614) 355-6007, [breanna.cugliari@nationwidechildrens.org](mailto:breanna.cugliari@nationwidechildrens.org)

[PlayStrongIntern@nationwidechildrens.org](mailto:PlayStrongIntern@nationwidechildrens.org)

The Play Strong / New U Weekly Program is a physical activity program hosted by the Sports Medicine department. The goal of these programs is to assist adolescent patients and their families in increasing their physical activity levels and making healthy lifestyle changes to lose weight and improve overall well-being.

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### **Nationwide Children's Hospital - Non-Invasive Cardiology Unit**

700 Children's Drive

Columbus, OH 43205

Nicole Young, (937) 417-3238

[Nicole.Young@nationwidechildrens.org](mailto:Nicole.Young@nationwidechildrens.org)

Internship experience in pediatric stress testing and cardiac rehabilitation.

To apply: <https://www.nationwidechildrens.org/specialties/heart-center-cardiology/services-we-offer/programs/exercise-physiology/exercise-physiology-internship>

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### **New Albany Health Associates**

68 North High Street Building A & B

New Albany, Ohio 43054

Shelly Thompson, (614) 939-2308 ext 113

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### **OhioHealth Heart and Vascular – Cardiac Rehabilitation**

Available at the following locations:

McConnell Heart Health Center

(614) 544-8000

3773 Olentangy River Rd.

Columbus, OH 43214

Tony Hansen, (614) 566-3839

Grady Memorial

561 W Central Ave.

Delaware, OH 43015

(740) 615-1000

Doctors Hospital

5100 West Broad St.

Columbus, OH 43228

(614) 788-4000

Grant Medical Center

111 S Grant Ave.

Columbus, OH 43215

Dublin Methodist Hospital

7500 Hospital Dr.

Dublin, OH 43016

Grove City Health Center

2030 Stringtown Rd.

Grove City, OH 43123  
(614) 566-9000

(614) 788-4000

Pickerington Medical Campus  
1010 Refugee Rd  
Pickerington, OH 43147

Westerville Medical Campus  
300 Polaris Pkwy  
Westerville, OH 43082  
(614) 533-3000

<https://www.ohiohealth.com/services/heart-and-vascular/our-programs/cardiac-rehabilitation/our-healthcare-team>

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### **OhioHealth Heart and Vascular – Cardiac Rehabilitation**

335 Glessner Ave.

Mansfield, OH 44903

Site Supervisor: Michael Bichsel, (567) 241-7904, [mpbichsel@yahoo.com](mailto:mpbichsel@yahoo.com)

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### **Orthopedic One**

4605 Sawmill Boulevard

Upper Arlington, OH 43220

Geoff Omiatek, (614) 827-1050, [gomiatek@orthopedicone.com](mailto:gomiatek@orthopedicone.com)

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### **Orthopedic One**

4611 Trueman Boulevard

Hilliard, Ohio 43226

Eric Clevidence, (614) 634-8166, [eclevidence@orthopedicone.com](mailto:eclevidence@orthopedicone.com)

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### **Parkinson's Disease Rehabilitation Institute**

2145 Central Pkwy, Cincinnati, OH

Brian Terpstra, (630) 418-8377, [bterpstra@parkinsonsrehab.org](mailto:bterpstra@parkinsonsrehab.org)

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### **Phillip Heit Center for Healthy New Albany**

150 W. Main Street

New Albany, OH 43054

(614) 366-3075

Allan Sommer, [allan.Sommer@osumc.edu](mailto:allan.Sommer@osumc.edu)

Internship experience in exercise testing, exercise prescription, program implementation and administration.

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### **Spine and Joint – Central Ohio**

768 Park Meadow Rd.

Westerville, Ohio 43081

Office: (614) 392-2732

Dylan Seeley, DC, [drseeley@cospineandjoint.co](mailto:drseeley@cospineandjoint.co)

[www.COspineandjoint.com](http://www.COspineandjoint.com)

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### **Summa Barberton Hospital Cardiopulmonary Rehabilitation**

155 Fifth Street

NE Barberton, Ohio 44203

Vicki Lonteen, (330) 615-3934, [vlonteen@barbhosp.com](mailto:vlonteen@barbhosp.com)

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### **The Ohio State University Wexner Medical Center – Center for Wellness and Prevention**

Comprehensive Weight Management Program

2050 Kenny Rd. Suite 1010

Columbus, OH 43221

Kelly Urse, (614) 293-3776, [kelly.urse@osumc.edu](mailto:kelly.urse@osumc.edu)

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### **The Ohio State University Wexner Medical Center - Ross Heart Hospital**

Non-Invasive Cardiac Unit

452 West 10<sup>th</sup> Avenue

Columbus, OH 43210

Mark Foster, (614) 366-8580, [mark.foster@osumc.edu](mailto:mark.foster@osumc.edu)

The Ross Heart Hospital provides state-of-the-art facilities for heart and vascular procedures, including cardiac catheterizations, angioplasties, open-heart surgery, cardiovascular imaging, vascular interventions, minimally invasive robotic procedures, and full range of testing and laboratory services for diagnosing cardiovascular disease.

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### **The Ohio State University Wexner Medical Center – Inpatient Cardiopulmonary Rehabilitation**

Ross Heart Hospital

452 West 10<sup>th</sup> Avenue

Caitlin Beebe, (614) 293-7677, [caitlin.beebe@osumc.edu](mailto:caitlin.beebe@osumc.edu)

The Ohio State University Wexner Medical Center's Cardiac Rehabilitation Program guides patients and family through their initial recovery after a heart-related event. Our team of nationally recognized experts is dedicated to caring for people with heart problems. We care for people of all ages who have recently experienced a heart attack, coronary artery bypass surgery, heart valve surgery, heart transplant, heart/lung transplant, angioplasty/stent placement, angina symptoms or other heart problems.

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### **The Ohio State University Wexner Medical Center – Outpatient Cardiopulmonary Rehabilitation**

1800 Zollinger Rd., 2<sup>nd</sup> Floor

Upper Arlington, OH 43221

Jessica King, (614) 293-2920, [jessicam.king@osumc.edu](mailto:jessicam.king@osumc.edu)

The Ohio State University Wexner Medical Center's Cardiac Rehabilitation Program guides patients and family through a step-by-step recovery process after a heart-related event. Our team of nationally recognized experts is dedicated to caring for people with heart problems. We care for people of all ages who have recently experienced a heart attack, coronary artery bypass surgery, heart valve surgery, heart transplant, heart/lung transplant, angioplasty/stent placement, angina symptoms or other heart problems.

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**The Ohio State University Wexner Medical Center – Pulmonary Rehabilitation**

Pulmonary Rehabilitation & Fitness at Martha Morehouse

2050 Kenny Road, Suite # 1010

Columbus OH, 43221

Caitlin Beebe, (614) 293-2800, [caitlin.beebe@osumc.edu](mailto:caitlin.beebe@osumc.edu)

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**The Ohio State University Wexner Medical Center – Rotational Internship**

Ross Heart Hospital Non-Invasive Cardiology Lab, Nationwide Children's Non-Invasive Cardiology Lab, Cardiac Rehabilitation, and NeuroRecovery Network

Caitlin Beebe, (614) 293-7677, [caitlin.beebe@osumc.edu](mailto:caitlin.beebe@osumc.edu)

A rotational internship at The Ohio State University Wexner Medical Center and Nationwide Children's Hospital working in 4 different facilities.

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**The Ohio State University – MOVES Lab**

The College of Medicine

Health and Rehab Sciences

Columbus, OH

Jimmy Onate, PhD, (614) 292-1632, [onate.2@osu.edu](mailto:onate.2@osu.edu)

The goal of the MOVES Lab (biomechanics lab) is to minimize the occurrence of injuries and increase performance in a variety of active populations. The MOVES Lab works with Ohio State athletes, the military, youth baseball teams, high schools across the country, and active individuals in the Columbus area.

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**The Ohio State University Wexner Medical Center – Sports Medicine**

Jameson Crane Sports Medicine Institute

2835 Fred Taylor Drive

Columbus, OH 43202

(614) 293-3600

Angela Pedroza, (614) 293-7952, [angela.pedroza@osumc.edu](mailto:angela.pedroza@osumc.edu)

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**The Ohio State University Wexner Medical Center – Sports Medicine: Movement Analysis and Performance Program**

Jameson Crane Sports Medicine Institute

2835 Fred Taylor Drive

Columbus, OH 43202

Columbus, Ohio 43221

Ajit Chaudhari, [ajit.chaudhari@gmail.com](mailto:ajit.chaudhari@gmail.com)

Internship related to research and work within a sports biomechanics laboratory.

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**The Ohio State University Wexner Medical Center –Sports Health and Performance Institute**

Jameson Crane Sports Medicine Institute

2835 Fred Taylor Drive

Columbus, OH 43202

Stephanie Di Stasi, (614) 366-7597, [Stephanie.distasi@osumc.edu](mailto:Stephanie.distasi@osumc.edu)

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**The Ohio State University Wexner Medical Center – Rehabilitation: NeuroRecovery Network Center**

2050 Kenny Rd.

Martha Morehouse Medical Plaza

Columbus, OH 43221

Justin Nicholes, [justin.nicholes@osumc.edu](mailto:justin.nicholes@osumc.edu)

The Spinal Cord Injury Rehabilitation Program at The Ohio State University Wexner Medical Center features the most advanced treatments available to meet patient needs related to total or partial loss of sensation, movement, or function due to spinal cord injury or disease.

Our rehabilitation program helps patients regain lost skills or learn to compensate for skills that cannot be recovered.

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**The Ohio State University Wexner Medical Center - Center for Tobacco Research**

Department of Internal Medicine

Division of Medical Oncology

3650 Olentangy River Road, Ste 420

Columbus, OH 43214

Dharini Bhammar, PhD, MBBS, (614) 366-9467, [Dharini.Bhammar@osumc.edu](mailto:Dharini.Bhammar@osumc.edu)

Dr. Bhammar is an exercise physiologist who studies clinical research including children, adolescents, obesity, asthma and more.

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**TriHealth Fitness and Health Pavilion**

6200 Pfeiffer Rd.

Cincinnati, OH 45242

(513) 985-0900

Justin Thompson, (513) 246-2645, [justin\\_thompson@trihealth.com](mailto:justin_thompson@trihealth.com)

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**University of Cincinnati Medical Center**

234 Goodman Street

Cincinnati, OH 45219

JoAnn Loos, (859) 630-7640

[Joann.Loos@UCHealth.com](mailto:Joann.Loos@UCHealth.com)

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**University of Toledo Medical Center**

Cardiac Rehabilitation

Henry L. Morse Center

3065 Arlington Avenue

Toledo, OH 43614

Angie Burkett, (419) 383-6537

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**Westerville Sports Medicine Center**

584 County Line Road West

Westerville, OH 43082

(614) 355-6000



## Non-Clinical Internships

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### **Accelerate Ohio Inc.**

939 East Wind Drive

Westerville, OH 43081

Scott Baranowski, (614) 891-3278

Accelerate Ohio is an athletic performance enhancement training facility. Interns will be involved in performance training of athletes, including EMG, blood chemistry analysis, and cinematography studies.

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### **Accelerate Ohio Inc., Speed & Agility Enhancement Center, Sports Training**

1405 Dublin Road

Columbus, OH 43081

Brian Schiffer, (614) 891-3278

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### **Athletic Republic Dublin**

6175 Shamrock Court Suite I

Dublin, Ohio 43016

Andrew Coutts, (443) 286-8697, [acoutts@athleticrepublicteam.com](mailto:acoutts@athleticrepublicteam.com)

(614) 718-9855

[dublin.athleticrepublic.com](http://dublin.athleticrepublic.com)

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### **American Electric Power**

1 Riverside Plaza

Columbus OH 43215

Mandy Jones, (614) 790-3117

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### **Arena District Athletic Club**

325 John H. McConnell Boulevard #150

Columbus, OH 43215

Kristen Burroughs (614) 461-7785

[kburroughs@arenaathletic.com](mailto:kburroughs@arenaathletic.com)

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### **AT&T Fitness Center**

221 E. 4th St., 2nd Floor

Cincinnati, OH 45202

Kendal Cox, (513) 629-8024

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### **Bally's Scandinavian**

1290 W. Old Henderson Rd.



Columbus, OH 43220  
(614) 326-2080

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### **Barre 3**

Upper Arlington:  
1735 W. Lane Ave.  
Upper Arlington, OH 43221  
614-4293945

Powell:  
8882 Moreland St.  
Powell, OH 43065  
740-938-4096

Whitney Carpenter, (614) 429-3945, [whitney.carpenter@barre3.com](mailto:whitney.carpenter@barre3.com)

Internship in a fitness facility that focuses on group exercise and leadership skills.

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### **Battelle**

505 King Avenue  
Columbus, OH 43201  
Rebecca Nguyen, (614) 424-4330

This internship will provide work experience in corporate wellness. It is open to undergraduate or graduate students in Exercise Science, Public Health, or a related field

Responsibilities:

- Collaborate with the wellness program committee to develop, implement, and evaluate the worksite wellness program.
  - Work with the Medical Director to provide additional wellness services in Health Services.
  - Work with the Health & Fitness Coordinator to develop, implement, and evaluate fitness and/or nutrition educational programs for the fitness center members.
  - Develop one fitness center newsletter. This will be emailed to members and posted on the fitness center website.
  - Present on at least one wellness topic to fitness center members.
  - Assist with the daily operations and marketing of the fitness center.
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### **BP America, Inc.**

200 Public Square 4-2505-E  
Cleveland, OH 44114  
Jim Jadallah, (216) 526-8756

BP America, Inc. Health and Fitness Center offers internships to undergraduate and graduate students in health and physical education, exercise physiology, community health, corporate fitness and/or nutrition education. Responsibilities include fitness testing and exercise prescription, orientation, consultation and floor supervision.

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### **Bethesda Corporate Health Preventative Systems**

630 E. River St.

Elyria, OH 44035  
(216) 329-7512

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**Buckeye Gymnastics**

558 Charring Cross Dr.  
Westerville, OH 43080  
(614) 895-2023

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**Cardinal Health Fitness Center**

2215 Citygate Drive  
Columbus, OH 43219  
Megan Osysko, (614) 757-3488, [megan.osysko@cardinalhealth.com](mailto:megan.osysko@cardinalhealth.com)

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**Capital Club**

41 S. High St.  
Columbus, OH 43215  
JL Holdsworth, (614) 228-0645

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**Center for Well Being**

3111 Hayden Run Rd.  
Columbus OH 43235  
Barb Rauch, (614) 889-8193

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**CHAARG**

Elisabeth Tavierne, [opportunitites@CHAARG.com](mailto:opportunitites@CHAARG.com)  
[CHAARG.com](http://CHAARG.com)  
CHAARG aims to ignite a passion for movement in collegiate women.

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**Cincinnati Sports Club & Fitness Club**

3950 Red Bank Road  
Cincinnati, OH 45227  
Julie Dotas, (513) 527-4550  
Exercise prescription, programs, and general fitness.

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**Club Management Inc.**

655 Metro Place South  
Dublin, OH 43017  
Gary Richards

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**Columbia Gas**

101 W. Town St.  
Columbus OH 43215  
Rich Lash/Nancy Henry (614) 460-6390

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**Columbus Blue Jackets**

200 W. Nationwide Blvd.

Columbus, OH 43215

Kevin Collins, Head Strength and Conditioning Coach, [kcollins@bluejackets.com](mailto:kcollins@bluejackets.com)

[Strength and conditioning internship working with local professional hockey team.](#)

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**Columbus Crew**

One Black and Gold Blvd.

Columbus, OH 43221

Tabitha Kunsman, (614) 447-4151

[Strength and conditioning internship working with local professional soccer team.](#)

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**CompuServe Interactive Services**

5000 Arlington Centre Blvd.

Columbus, OH 43220

Jeremy Rycus, (614) 538-3535

CompuServe 14,000 square foot corporate fitness facility contains racquetball/wallyball courts, basketball court, free weight room, and cardiovascular fitness room. Associated programs include aerobics and personal training.

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**Columbus Fitness Consultants & The Equipment Experts**

3168 Riverside Drive

Upper Arlington, OH 43221

(614) 488-2994, and

1331 Cameron Avenue

Lewis Center, OH 43035

(614) 888-2994

Gerald Greenspan, [getufit1@msn.com](mailto:getufit1@msn.com)

Internship involves personal training, program implementation and wellness programming.

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**Continental Athletic Club**

6124 Busch Blvd.

Columbus, OH 43229

Barb Fanning

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**Core Materials Corp. (CMC)**

800 Manor Park Dr.

Columbus, OH 43228

Ed Blohm, (614) 870-5035

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**CrossFit Clintonville**

609 Oakland Park Ave.

Clintonville, OH 43214

Patrick Woods, (614) 745-0434, [woods.367@gmail.com](mailto:woods.367@gmail.com)

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**D1 Sports Training**

8080 N. High St.

Columbus Ohio 43235

Chuck Gresham (614) 592-0310, [chuck.gresham@d1training.com](mailto:chuck.gresham@d1training.com)

[www.D1SportsTraining.com](http://www.D1SportsTraining.com)

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**Denison University – Strength and Conditioning**

200 Livingston Dr.

Granville, Ohio 43023

Mark Watts, (740) 587-5463

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**Donskov Strength and Conditioning, Inc.**

7061 Huntley Rd.

Worthington, OH 43229

(614) 226-1385

[www.donskovsc.com](http://www.donskovsc.com)

An internship at DSC will dramatically improve your skills as a fitness professional. Internships allow hands-on coaching with up to 35 athletes per day. Our internship is a real life, learn-by-doing experience. During your internship, you will coach middle school, and high school athletes, observe and assist athletes in the following areas of performance enhancement.

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**Dublin Community Recreation Center**

5200 Emerald Parkway,

Dublin, Ohio 43017

(614) 410-4584

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**F45 Dublin**

6585 Dublin Center Dr.

Dublin, Ohio 43017

(614) 726-9121

Paul Anloague, (614) 638-7964

[dublin@f45training.com](mailto:dublin@f45training.com)

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**Fitness Planning Consultants, Inc.**

4140 Tuller Rd. #118

Dublin, OH 43017

Adam Kessler, (614) 460-5348

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**Elite Volleyball Training Center**

8185 Business Way

Plain City, OH 43064

614-504-5363

(614) 284-2744, [integrityelitept@gmail.com](mailto:integrityelitept@gmail.com)

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**EPA Wellness Center**

26 W. Martin Luther King Dr.  
Cincinnati, OH 45014  
(513) 569-7199

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**Discover Financial**

New Albany, OH  
Christie Riepenhoff  
(614) 283-1011

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**Fitness Resources**

41 S. High Street  
Columbus, OH 43215  
Jim Franklin (614) 228-0645

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**Franklin County Board of Developmental Disabilities**

2879 Johnstown Rd.  
Columbus, OH 43219  
(614) 475-0564  
Ryan Philips, [ryan.philips@fcbdd.org](mailto:ryan.philips@fcbdd.org)

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**Gateway Fitness Center - Powered by OhioHealth**

5555 Cleveland Avenue  
Columbus, OH 43231  
Lauren Keller, [lauren.keller2@ohiohealth.com](mailto:lauren.keller2@ohiohealth.com)  
This 8,500 square foot fitness facility is geared toward corporate fitness and wellness services.

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**Goodwill Columbus**

Health & Wellness Activities Coordinator  
1331 Edgehill Road  
Columbus, OH 43212  
Elizabeth Krucky, (614) 583-0358

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**Healthy Outlook Worldwide, Inc.**

4889 Sinclair Rd., Suite 115  
Columbus, OH 43229  
Arnold Coleman, (614) 430-8050, fax: (614) 430-8052  
Provides wellness-programming and related services for corporate customers.

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**Holzer Clinic Occupational Health, Sports Medicine**

4th and Sycamore  
Gallipolis, OH 45631  
John Cunningham

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**Honda of America, Mfg Inc. Watson Wellness Center**

24000 Honda Parkway

Marysville, OH 43040

Laura Russo, 937-645-8777, [emplymnt@honmfg.com](mailto:emplymnt@honmfg.com)

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**Honda of America Mfg Inc.- Anna Associate Center**

12500 Meranda Rd.

Anna, OH 45302

Brian Lapp, (937) 498-5798, 1-888-424-Well

The main purpose of the field-experience program is to provide students with opportunities to gain meaningful work experience, exposure to Honda, and a personal growth experience through the support of a mentor. Student responsibilities will include performing fitness assessments, designing exercise programs based on client needs, orient new clients to fitness equipment, provide personal training to new clients, monitor client program progress and provide feedback, and assist with Wellness Center

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**Human Form Fitness**

1197 Chesapeake Avenue

(614) 487-1440

Michelle Ladd, (614) 309-6555

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**JumpBunch**

6025 Nicholas Glen,

Columbus, OH 43213

J. Anderson, (614) 285-4544, [janderson@jumpbunch.com](mailto:janderson@jumpbunch.com)

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**Kinema Fitness**

1 Dave Thomas Blvd.

Dublin OH 43017

Kinema Fitness is looking for students interested in a Corporate Fitness and Wellness Internship. Our internship program provides students with the opportunity to learn and engage in corporate fitness and explore future career opportunities within the field. Our core curriculum provides a guided experience to immerse our interns in many aspects of Corporate Fitness. Each internship can be customized based on the goals of the intern and length of internship. Apply at: [Careers - Kinema Fitness](#) under "internships."

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**LA Fitness**

6585 E Broad Street

Columbus OH 43213

Tom Dunham, (614)-892-7092

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**Lifestyle Family Fitness**

1378 North Hamilton

Gahanna, OH 43230  
Jozy Borders, (614) 304-2500

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### **MetroFitness**

3440 Heritage Club Drive, Hilliard, OH 43026

Site Phone Number: (614) 850-0070

Mark Myhal, PhD, (614) 325-3964, [teammyhal@gmail.com](mailto:teammyhal@gmail.com)

Interns work with the head trainer to assess new clients and develop programming to improve mobility, strength, cardiovascular fitness and fundamental movement patterns. The intern will work with groups and on-board new clients with one-on-one training based on their initial evaluations

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### **Movement Lab Ohio**

400 Lazelle Rd. Suite 5 Columbus, OH 43240

Michelle Warnky, (614) 987-7597, [info@mlabohio.com](mailto:info@mlabohio.com)

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### **Ohio Fit Club**

15 W Cherry St (2<sup>nd</sup> floor), Columbus OH 43215

Mitch Potterf, (614) 388-8763

[www.ohiofitclub.com](http://www.ohiofitclub.com)

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### **Ohio Fire Academy**

8895 East Main Street

Reynoldsburg, OH 43068

Jack Smith, (614) 752-7119

[Jack.Smith@com.state.oh.us](mailto:Jack.Smith@com.state.oh.us)

This paid internship position is for a fitness coordinator to work with cadets who are training to become fire fighters. This position requires knowledge in personal training. It is an exceptional “state job” experience, that looks great on a resume.

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### **Power Train Westerville**

91 Huber Village Blvd

Westerville, OH 43081

(614) 423-7555

PowerTrainSports.com

Dan Stevenson, (740) 507-8582, [danstevenson@powertrainsi.com](mailto:danstevenson@powertrainsi.com)

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### **ProForce Sports Performance**

930 Lila Ave,

Milford, OH 45150

Kevin Hollabaugh, (513) 446-3663, [Khollabaugh@proforcesp.com](mailto:Khollabaugh@proforcesp.com)

Intern responsibilities: Learn ProForce Sports Performance strength and conditioning methodology, learn ProForce Sports Performance speed and agility methodology, be able to train adults, scholastic, college, and professional athletes using the ProForce Sports Performance training

system, learn business aspects of running a performance center, further knowledge of the strength and conditioning field, and assist in keeping the facility clean

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### **Premier Fitness & Performance**

9087 Dutton Drive

Twinsburg, OH 44087

Mike Caza, [mcaza@premierfitnessoh.com](mailto:mcaza@premierfitnessoh.com)

Tom Bevan, [tbevan@premierfitnessoh.com](mailto:tbevan@premierfitnessoh.com)

(330) 487-0810

Internship related to sports performance, strength and conditioning, personalized and group fitness.

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### **Project Lift**

5040 Nike Drive

Hilliard, OH 43026

Drew Dillon, (614)349-6328, [Drew@project-lift.org](mailto:Drew@project-lift.org)

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### **Sara Ortlip Pilates**

1400 West 5th Avenue

Columbus, OH

Sara Ortlip, (614) 404-0485, [SaraOrtlipPilates@gmail.com](mailto:SaraOrtlipPilates@gmail.com)

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### **Seven Studios**

275 S. Third Street

Columbus, OH 43215

Julie Wilkes, (614) 288-4291, [Juliewilkes01@gmail.com](mailto:Juliewilkes01@gmail.com)

Services provided: yoga, Pilates, boot camp, health promotion and life coaching

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### **Snap Fitness Columbus**

Eric Wilson, (614)738-9213, [ericwilson@snapfitness.com](mailto:ericwilson@snapfitness.com)

[www.snapfitness.com](http://www.snapfitness.com)

Personal Training services in Columbus. Snap Fitness has 5 locations in Columbus: Grandview, Upper Arlington, Short North, German Village, and Bexley.

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### **Special Olympics**

Franklin County Board of Developmental Disabilities

2879 Johnstown Road Columbus, OH 43219

Ryan D. Phillips, Director of Special Olympics, Community Recreation & Aquatics

(614) 342-5984, [Ryan.Phillips@FCBDD.org](mailto:Ryan.Phillips@FCBDD.org)

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### **Studio Torch**

Grandview, Ohio

Jon Lorenz, [614-517-4590](tel:614-517-4590), [jon@studiotorch.com](mailto:jon@studiotorch.com)



High intensity boutique fitness studio which offers students opportunities in teaching group fitness training.

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### **SPIRE Institute**

1822 S. Broadway  
Geneva, OH 44041,  
(440) 466-1002  
Bryan McCall, (440) 415-3182, [McCall@spireinstitute.org](mailto:McCall@spireinstitute.org)

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### **T3 Performance**

1200 Chester Industrial Parkway  
Avon, OH 44011

[www.t3athlete.com](http://www.t3athlete.com)

Marty Thompson, (440) 596-0433, [marty@t3athlete.com](mailto:marty@t3athlete.com)

The goal of the T3 Performance internship program is to educate participants in all aspects of sports performance coaching and athletic performance. Interns will assist the Performance Staff in implementing a comprehensive athletic performance training program.

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### **The Adaptive Adventure Sports Coalition (TAASC)**

6000 Harriott Rd  
Powell Ohio 43065  
Joan Arnold, MPH, (614) 499-3738

[www.taasc.org](http://www.taasc.org)

TAASC has a variety of opportunities available for both planning and implementing programs. We have recently affiliated with the US Paralympics and are designing new programs for youth and young adults.

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### **The Human Form**

1197 Chesapeake Ave  
Grandview, OH 43201  
James Fryer, (614) 487-1440

[www.humanformfitness.com](http://www.humanformfitness.com)

Interns gain experience in holistic fitness assessment and physical fitness training.

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### **The Ohio State University – Exercise Science: Exercise and Behavioral Medicine Laboratory**

A54 PAES Building  
305 West 17th Ave.  
Columbus, OH 43201

Jessie Bowman, [bowman.1396@osu.edu](mailto:bowman.1396@osu.edu)

At the Exercise and Behavioral Medicine Lab at the Ohio State University we work with a variety of clinical populations including knee osteoarthritis, breast cancer, prostate cancer, and older adult patients.

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### **The Ohio State University – Exercise Science: Faculty and Staff Fitness Program**

A52 PAES Building  
305 W. 17<sup>th</sup> Ave.  
Columbus, OH 43210  
Emily Martini, (614) 292-2255, [martini.36@osu.edu](mailto:martini.36@osu.edu)

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**The Ohio State University – Exercise Science: The Volek Low Carbohydrate Laboratory**

A54 PAES Building  
305 West 17th Ave.  
Columbus, OH 43201  
Teryn Bedell, MS, RD, [bedell.387@osu.edu](mailto:bedell.387@osu.edu)  
The Volek Low-Carbohydrate Laboratory is led by Jeff Volek who performs research elucidating how humans adapt to diets restricted in carbohydrate with a dual focus on clinical and performance applications.

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**The Ohio State University - Strength and Conditioning**

Men and Women's Ice Hockey  
Schottenstein Center  
555 Borror Drive  
Columbus, OH 43210  
Chris Friend, (309) 397-5845, [friend.363@osu.edu](mailto:friend.363@osu.edu)

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**The Ohio State University - Strength and Conditioning**

The Woody Hayes Athletic Center  
535 Irving Schottenstein Drive  
Columbus, OH 43210  
(614) 292-2624  
Bob Sweeney, (614) 595-1343, [sweeney.20@osu.edu](mailto:sweeney.20@osu.edu)

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**The Ohio State University - Strength and Conditioning**

The Woody Hayes Athletic Center  
535 Irving Schottenstein Drive  
Columbus, OH 43210  
(614) 292-2624  
Anthony Schlegel, [schlegel.27@osu.edu](mailto:schlegel.27@osu.edu)

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**The Ohio State University - Strength and Conditioning**

Women's Lacrosse, Women's Ice Hockey, Men's Swimming, Women's Golf, and Rifle  
French Field House  
460 Woody Hayes Dr.  
Columbus, OH 43210  
Tom Palumbo, (614) 292-0578, [tpalumbo@buckeyes.ath.ohio-state.edu](mailto:tpalumbo@buckeyes.ath.ohio-state.edu)

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**The Ohio State University - Sports Medicine and Sports Performance**

920 North Hamilton Rd. Suite 600

Gahanna, OH 43230  
Dan Inglis, (614) 293-2422, [Daniel.Inglis@osumc.edu](mailto:Daniel.Inglis@osumc.edu)

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### **The Ohio State University - RPAC**

337 W. Annie and John Glenn Ave.  
Columbus, OH 43210  
(614) 292-7671  
Personal Training Coordinator  
(614) 292-5153

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### **The Spot Athletics**

1200 Steelwood Rd., Suite B  
Columbus, OH 43212  
J.L. Holdsworth, (614) 753-1314, [jl@TheSpotAthletics.com](mailto:jl@TheSpotAthletics.com)  
[www.TheSpotAthletics.com](http://www.TheSpotAthletics.com)

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### **TriHealth**

Workplace Wellbeing & Fitness  
Personal Connections | Sustainable Results  
Fountain Pointe 1 – Suite 350  
4665 Cornell Rd. | Cincinnati, OH 45241  
Stephanie Carozza, (513) 891-1622, [Stephanie\\_Carozza@trihealth.com](mailto:Stephanie_Carozza@trihealth.com)  
[TriHealth.com](http://TriHealth.com)

TriHealth Corporate Health works with a variety of corporate companies to help define a vision, set clear targets, establish success benchmarks, integrate program resources, and provide lifestyle behavioral change programs that will aid in leading companies to sustainable results. We offer wellness programs including health screenings, health risk assessments, health coaching, health, and wellness events, as well as fitness management, group fitness and personal training.

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### **T&J No Limit Fitness**

3801 Attucks Dr.  
Powell, Oh 43065  
Jerry Moore, (614) 659-7532, [tjlimitfitness@gmail.com](mailto:tjlimitfitness@gmail.com)  
As an intern at T&J No Limit Fitness, you will gain valuable real-world experience helping clients transform their lives through fitness while learning the business of fitness. Duties will include teaching group fitness classes, personal training, as well as assisting with sales, operations, marketing and more.

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### **Upper Arlington High School**

1650 Ridgeview Road  
Upper Arlington, OH 43220  
614-487-5200  
Brandon Spickler, 330-402-3372, [bspickler@uaschools.org](mailto:bspickler@uaschools.org)

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**Ultimate U**

5791 Zarley St.  
New Albany, OH 43054  
Troy McGowan, (614) 855-9489

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**Valemee Fitness**

Medical Fitness Specialists  
6631 Commerce Pkwy unit L,  
Dublin, OH 43017  
Peggy Mills, (614) 389-0456, [peggy@valemee.com](mailto:peggy@valemee.com)  
[www.valemee.com](http://www.valemee.com)

Valemee® is a leader in the use of best practices in education and the fitness industry to empower those with neurological, physical, and developmental challenges and those who serve them. *Many OSU PT and OT students complete capstone experience here.*

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**Verizon Wireless's Health and Wellness Center**

5175 Emerald Parkway  
Dublin, Ohio 43017  
Daniel Deuschle, (614) 560-8778

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**Verizon Wireless's Health and Wellness Center**

5000 Britton Parkway  
Hilliard, OH 43026  
Dani Shimits (614) 560-8778, [danielle.shimits@verizonwireless.com](mailto:danielle.shimits@verizonwireless.com)  
Internship experience includes personal training, group fitness classes.

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**Verve**

1271 Edgehill Rd.  
Upper Arlington, Ohio, 43212  
Lauren Cubellis, (330) 509-1288, [Lauren@verve-studios.com](mailto:Lauren@verve-studios.com)  
(616) 404-7705  
Internship in personal training and group fitness classes.

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**Wright-Patterson Air Force Base**

711 Human Performance Wing (711 HPW/RHCPT)  
Air Force Research Laboratory Wright-Patterson AFB, OH 45433  
Edward S (Ed) Eveland, PhD, CFT, [Edward.Eveland@wpafb.af.mil](mailto:Edward.Eveland@wpafb.af.mil)  
(937) 938-2578 (Ofc Bldg 840)  
(937) 904-6368 (Human Performance Lab)  
Internship related to exercise physiology research in the military setting.

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**YMCA – Sports and Wellness Programs**

Shawn W Gunnoe  
Downtown Columbus YMCA  
Sports and Wellness Director, (614) 224-1131 ext 131

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**YMCA - Columbus**

40 W. Long Street  
Columbus, Ohio 43215  
Allyn Blind, (614) 224-1131

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**YMCA - Liberty Township/Powell**

7798 North Liberty Road  
Powell, OH 43065  
Michele Cannell, (740) 881-1058

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# Out of State

## Clinical and Non-Clinical Internships

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### **Bfit Bwell**

Anschutz Health and Wellness Center

University of Colorado

12348 E. Montview Blvd. Mail Stop C263

Aurora, CO 80045

Nicole Gleason, [Nicole.gleason@ucdenver.edu](mailto:Nicole.gleason@ucdenver.edu)

A program that is devoted to providing wellness and fitness strategies for cancer survivors.

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### **Apple Wellness Internship**

Cupertino, CA

<https://jobs.apple.com>

Apple Wellness offers a hands-on internship for undergraduate and graduate students in the field of exercise physiology, health and wellness and kinesiology. The internship offers experience in both the Fitness Center and in the Preventive Care settings. Students gain practical experience in lifestyle counseling, exercise prescription, and exercise leadership for a large and diverse population. Interns will have the opportunity to assist with clinical testing including resting and exercise ECG's, maximal stress testing and VO2-max testing. The duration of the internship is 15 to 20 weeks and compensation include hourly salary, relocation, and housing assistance.

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### **Athletes' Performance**

4 Portofino Drive, Ste. 2003

Pensacola Beach, FL 32561

Anthony Hobgood, (850) 916-8650

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### **Athletes' Performance**

18400 Avalon Blvd. Suite 800

Carson, CA 90746

Zac Woodfin, (310) 630-2290

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### **Bronson Battle Creek Cardiac Rehab/Stress Testing**

Bronson Battle Creek Hospital

Cardiac Rehabilitation

300 North Avenue

Battle Creek, MI 49017

Doug Miller, (269) 245-8188, [milddedo@bronsonhg.org](mailto:milddedo@bronsonhg.org)

Bronson Battle Creek offers cardiac rehabilitation as well as inpatient and outpatient stress testing.

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**Camp Lonehollow**

Tyler Thompson, Assistant Director, (830) 966-6600

An outdoor adventure co-ed summer camp in the Texas Hill Country. Every summer, they hire more than 250 counselors to work with children ages 7-16. We like to target Kinesiology majors to provide students with an opportunity to grow professionally and apply curriculum covered in your program in a fun, unique, and challenging work environment.

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**Cooper Sport Performance & Rehab**

4895 W. Waters Avenue

Tampa, Florida 33634

Lauren Noe, (813) 362-5432

Cooper Sport and Performance is a private sector strength and conditioning facility that specializes in training athletes of all ages.

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**Defining Natural Ability**

1647 Macklind Avenue

St. Louis, MO 63011

Victor Kizer, (314) 499-1131, [victorkizer@gmail.com](mailto:victorkizer@gmail.com)

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**Duke University Integrated Health Sciences**

Cris Slentz, PhD, [cris.slentz@duke.edu](mailto:cris.slentz@duke.edu)

Interns gain experience working with clinical trials investigating the effects of exercise interventions on cardiovascular and metabolic outcomes in the laboratory of Dr. William Kraus. Interns will have the opportunity to become familiar with the function and operation of laboratory equipment used for subject testing and collection of physiological data while assisting with data collection, data reduction, and data analysis.

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**Dynamic Sports Training**

20230 Cypress Rosehill Rd.

Cypress, TX 77377

Kevin Poppe, (281)-532-5230, [kevin@dynamicssportstraining.com](mailto:kevin@dynamicssportstraining.com)

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**Florida Atlantic University, Department of Exercise Science and Health Promotion**

777 Glades Road, Boca Raton, FL 33431

561-297-3000

Michael C. Zourdos, PhD, 561-297-1317, [mzourdos@fau.edu](mailto:mzourdos@fau.edu)

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**Impact Sports Performance**

11575 Main Street #100

Broomfield, CO 80020

Tyler Matoba, (303) 467-2288, [tyler@myimpactsports.com](mailto:tyler@myimpactsports.com)

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**Mayo Clinic**

Rochester, Minnesota  
Cardiovascular Health Clinic

To apply: <http://www.mayoclinic.org/jobs/internships.html>

The Exercise Specialist Internship at the [Cardiovascular Health Clinic](#) provides you with comprehensive, hands-on practical and technical experience in delivering innovative clinical services. Internships last 12 to 15 weeks, but length may be adjusted to meet school requirements.

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### **National Institute for Fitness & Sport**

250 University Blvd.  
Indianapolis, Indiana 46202  
(317) 274-3432

The National Institute for Fitness and Sport is dedicated to enhancing human health, physical fitness and athletic performance through research, education, and service for people of all ages and abilities. The NIFS mission is carried out through a variety of departments, including Athletic Performance, Corporate Fitness Management, Educational Services, Fitness Center, and Youth Development. Types of internships available, include Corporate Fitness Management: This internship is for the individual who is interested in working in a fitness center located within a corporation or an older adult facility. The intern in this position will be assigned to one of many corporate or older adult sites managed by NIFS. Older Adult Management: This internship is for the individual who is interested in working in a fitness/wellness center located within a senior living community. The intern in this position will be assigned to one of many senior living sites managed by NIFS. Fitness Center: This internship is for the individual who is interested in working in a large and diverse fitness center.

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### **Northwest Hospital and Medical Center - Cardiac Rehabilitation**

Mcmurray Medical Building  
1536 North 115<sup>th</sup> St Suite 210  
Seattle, WA 98133  
Lisa Holroyd, (206) 368-6550

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### **Presence St. Joseph Medical Center - Cardiac Rehabilitation**

Cardio-Pulmonary Rehabilitation, 4<sup>th</sup> Floor  
333 North Madison St  
Joliet, IL 60435  
Margaret Downey, (815) 725-7133 x7847

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### **Project Walk**

2738 Loker Avenue  
Carlsbad, CA 92010  
Jason Smith, 760-431-9789, [Jasons@projectwalk.org](mailto:Jasons@projectwalk.org)

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### **Public Safety Medical**

324 E. New York Street, Suite 300



Indianapolis, Indiana 46204  
Abby Berghoff, (317) 964-2349  
(317) 972-1180

[www.publicsafetymed.com](http://www.publicsafetymed.com)

Interns will gain valuable hands-on experience in the areas of treadmill testing, ECG interpretation, body composition analysis, muscular strength and endurance testing, flexibility testing, and fitness consultations/exercise prescriptions. For the services provided during the internship, each intern will also receive a \$500 stipend.

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### **Prudential Center, FitCorp**

800 Boylston St  
Boston, MA 02199  
Scott Panneton, (617)-262-2050

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### **Robert Morris University**

Strength and Conditioning Internship  
UPMC Events Center

6001 University Blvd, Moon, PA 15108

Supervisor: Robert Day, (215) 416-7546, [Day@rmu.edu](mailto:Day@rmu.edu)

Daily responsibilities may include but are not limited to:

- Assisting with the supervision and execution of the strength and conditioning programs for 17 DI programs – including Football, Basketball and Ice Hockey.
- Attending to the daily maintenance of the training facilities
- Data input and upkeep
- Assist with Sport and S&C Camps
- Professional development throughout the semester

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### **Skyhawks Sports**

6311 E. Mount Spokane Park Dr.  
Mead, WA 99021

Jason Fraizer, (614) 378-2777

Skyhawks Sports Academy, the nation's largest provider of youth programs for children has an immediate opening for a sports marketing/recreation intern.

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### **St. Elizabeth - Cardiac Rehabilitation**

#### Cardiac Rehab Center - Edgewood

830 Thomas More Pkwy., Suite 102  
Edgewood, KY 41017  
Phone: (859) 301-3600

#### Cardiac Rehab Center - Ft. Thomas

85 North Grand Ave.  
Ft. Thomas, KY 41075  
Phone: (859) 572-3382

#### Cardiac Rehab Center - Dearborn

600 Wilson Creek Road  
Lawrenceburg, IN 47025  
Phone: (812) 496-7254

#### Cardiac Rehab Center - Grant

Address: 300 Barnes Rd.  
Williamstown, KY 41097  
Phone: (859) 824-8244



[www.stelizabeth.com/medical-services/heart-vascular/cardiac-rehabilitation](http://www.stelizabeth.com/medical-services/heart-vascular/cardiac-rehabilitation)

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### **The Hershey Company Fitness & Wellness Intern**

Hershey, PA

(800) 468-1714

The Hershey Company is dedicated to educating, motivating, and engaging employees to make healthy lifestyle choices resulting in enhanced overall well-being and optimal productivity. The wellness program includes two on-site Fitness Centers and numerous fitness rooms at various locations. The main Fitness Center, a 30,000 sq. ft. facility, is available to employees, employees' spouses, retirees, retiree's spouses, contractors, and eligible dependents. This facility includes a Cardio-theater room, a weight training room, an aerobics room, a gymnasium, an indoor walking/running track, and an indoor swimming pool. Responsibilities for interns, the educational experience offered by The Hershey Company includes:

- Designing and administering fitness and wellness programs
  - Learning and assisting with fitness testing
  - Administering personal fitness counseling
  - Organizing and administering special programs
  - Learning and participating in aerobics and aquacise classes
  - Developing and designing promotional materials
  - Learning and using advanced computer programs
  - Learning the business aspect of corporate wellness preferred
  - Ability to work with all age populations
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### **University of Michigan – Cardiovascular Medicine**

Domino's Farms

24 Frank Lloyd Wright Dr. Lobby A

Ann Arbor, MI 48106-0363

Steven Walsh, (734) 998-4917 [stewalsh@med.umich.edu](mailto:stewalsh@med.umich.edu)

The Cardiovascular Medicine Exercise Physiology Internship offers a 16-week long internship program geared towards Exercise Physiology, Exercise Science and Kinesiology students seeking a clinical experience in cardiac rehabilitation and stress testing. The program's weekly time commitment is 40 hours per week. Hours of operation are 8am-5pm, with evening hours one day per month. The internship program offers a \$450 per month stipend.

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### **World Sports Camp**

Williston Northampton School

Western Massachusetts

Mackenzie Navarro, (401) 396-7115, [mackenzie@worldsportscamp.com](mailto:mackenzie@worldsportscamp.com)

World Sports Camp offers 4 sports: basketball, golf, soccer, and tennis. Interns receive competitive salary based on experience, 3 meals per day, housing, international experience, and gear. <https://worldsportscamp.campmanagement.com/apply>

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**YMCA - New Braunfels**

710 Landa Street

New Braunfels, TX 78130

Marc DuFrene, (830) 606-9622, [marcd@ymcasatx.org](mailto:marcd@ymcasatx.org)

# Out of Country

## Clinical and Non-Clinical Internships

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### Medical Center for Metabolism (Italy)

Piazza Matteotti 8

50018 Scandicci Firenze

Dr. Cosimo Russo, +39 055-252-358, [Cosimoroberto.russo@metag](mailto:Cosimoroberto.russo@metag)

Specializes in screening of metabolic disorders, and osteoporosis.

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### University of Queensland Sports Academy (Australia)

University of Queensland

Building 25, Union Rd. St Lucia, QLD 4067

(07) 3365 6223, [elliotj@uqsport.com.au](mailto:elliotj@uqsport.com.au)

For questions or requests to be added to this list, please contact Director of Exercise Science Internships at The Ohio State University, Carmen Swain, PhD, [swain.78@osu.edu](mailto:swain.78@osu.edu).