SYLLABUS
KNHES 5191
Internship: Health & Exercise Science

COURSE OVERVIEW

University Supervisor

Instructor: Carmen B. Swain, Ph.D.
Email address: 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

<table>
<thead>
<tr>
<th>Semester</th>
<th>Student Learning Agreement Due Date</th>
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<tbody>
<tr>
<td>Autumn</td>
<td>June 15</td>
</tr>
<tr>
<td>Spring</td>
<td>November 15</td>
</tr>
<tr>
<td>Summer</td>
<td>March 15</td>
</tr>
</tbody>
</table>

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
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.

- 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.

**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**

<table>
<thead>
<tr>
<th>Credit Hour</th>
<th>Minimum Field Hours per Week</th>
<th>Total Hours per Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>30</td>
</tr>
<tr>
<td>2</td>
<td>4</td>
<td>60</td>
</tr>
<tr>
<td>3</td>
<td>6</td>
<td>90</td>
</tr>
<tr>
<td>4</td>
<td>8</td>
<td>120</td>
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<td>5</td>
<td>10</td>
<td>150</td>
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<tr>
<td>6</td>
<td>12</td>
<td>180</td>
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<tr>
<td>7</td>
<td>14</td>
<td>210</td>
</tr>
<tr>
<td>8</td>
<td>16</td>
<td>240</td>
</tr>
<tr>
<td>9</td>
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<td>270</td>
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<tr>
<td>10</td>
<td>20</td>
<td>300</td>
</tr>
<tr>
<td>11</td>
<td>22</td>
<td>330</td>
</tr>
<tr>
<td>12</td>
<td>24</td>
<td>360</td>
</tr>
</tbody>
</table>

**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, and support for urgent issues is available 24/7.

- Self-Service and Chat support: ocio.osu.edu/help
- Phone: 614-688-4357(HELP)
- Email: 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.
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

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

*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:
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 or by contacting the Ohio State Title IX Coordinator at 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 or email 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. 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. The Ohio State Wellness app is also a great resource available at 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; 614-292-3307; 098 Baker Hall, 113 W. 12th 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
- Streaming audio and video
- CarmenZoom accessibility
- 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

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.

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
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/imbalances with subsequent sexual dysfunctions) that are the underlying barriers to the achievement of individual health and quality of life goals.

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/

Cleveland Clinic Foundation
Desk A42
9500 Euccio 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.

**East Liverpool City Hospital**  
425 W. 5th St.  
East Liverpool, OH 43920  
(216) 385-7200  

**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.

**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.

**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.

**Grant Medical Center's Physician's Building**  
340 E. Town St., 9th Floor  
Columbus, OH 43215  
(614) 566-9880
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, lrmpt@aol.com

Heart Fitness Center - Cardiac Rehabilitation
1530 Needmore Rd.
Dayton, OH 45414
Bernadine Wressell, (937) 277-8476

Holzer Clinic Occupational Health-Sports Medicine
4th and Sycamore
Gallipolis, OH 45631
John Cunningham

Lake Rehabilitation and Wellness Center
6000 Heisley Rd.
Mentor OH 44060-1836
Todd Music, (216) 352-1200

Lancaster Fairfield Memorial Hospital
401 N. Ewing Road
Lancaster, OH 43130
Shelly Thompson

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.

Lima Memorial Health System
Cardiac Rehabilitation
1001 Bellefontaine Ave.
Lima, OH 45804
Cheryl Drexler, (419) 226-5197
cdrexler@LimaMemorial.org
Lorain Community Hospital
3700 Kolbe Rd.
Lorain OH, 44053
Claudia Montgomery

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.

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
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.

Mount Carmel Cardiac Rehabilitation
444 N. Cleveland Ave. Suite 320
Westerville, OH 43081
Amanda Putnam, (614) 234-4008, aputnam@mchs.com

Mount Carmel Fitness Center
7100 Graphics Way,
Lewis Center, OH 43035
Sandra Binkowski, sbinkowski@mountcarmelfitness.com
Intern responsibilities: Gain knowledge/experience in wellness and fitness programming, exercise testing and prescription, data outcomes, etc.

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
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.

### 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
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.

### Nationwide Children’s Hospital - Non-Invasive Cardiology Unit
700 Children’s Drive
Columbus, OH 43205
Nicole Young, (937) 417-3238
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](https://www.nationwidechildrens.org/specialties/heart-center-cardiology/services-we-offer/programs/exercise-physiology/exercise-physiology-internship)

### New Albany Health Associates
68 North High Street Building A & B
New Albany, Ohio 43054
Shelly Thompson, (614) 939-2308 ext 113

### OhioHealth Heart and Vascular – Cardiac Rehabilitation
Available at the following locations:

- **McConnell Heart Health Center**
  3773 Olentangy River Rd.
  Columbus, OH 43214
  Tony Hansen, (614) 566-3839
  (614) 544-8000
  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.
OhioHealth Heart and Vascular – Cardiac Rehabilitation
335 Glessner Ave.
Mansfield, OH 44903
Site Supervisor: Michael Bichsel, (567) 241-7904, mpbichsel@yahoo.com

Orthopedic One
4605 Sawmill Boulevard
Upper Arlington, OH 43220
Geoff Omiatek, (614) 827-1050, gomiatek@orthopedicone.com

Orthopedic One
4611 Trueman Boulevard
Hilliard, Ohio 43226
Eric Clevidence, (614) 634-8166, eclevidence@orthopedicone.com

Parkinson’s Disease Rehabilitation Institute
2145 Central Pkwy, Cincinnati, OH
Brian Terpstra, (630) 418-8377, bterpstra@parkinsonsrehab.org

Phillip Heit Center for Healthy New Albany
150 W. Main Street
New Albany, OH 43054
(614) 366-3075
Allan Sommer, allan.Sommer@osumc.edu
Internship experience in exercise testing, exercise prescription, program implementation and administration.

Spine and Joint – Central Ohio
768 Park Meadow Rd.
Westerville, Ohio 43081
Office: (614) 392-2732
Dylan Seeley, DC, drseeley@cospineandjoint.co
www.COspineandjoint.com
Summa Barberton Hospital Cardiopulmonary Rehabilitation  
155 Fifth Street  
NE Barberton, Ohio 44203  
Vicki Lonteen, (330) 615-3934, vlonteen@barbhosp.com

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

The Ohio State University Wexner Medical Center - Ross Heart Hospital  
Non-Invasive Cardiac Unit  
452 West 10th Avenue  
Columbus, OH 43210  
Mark Foster, (614) 366-8580, 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.

The Ohio State University Wexner Medical Center – Inpatient Cardiopulmonary Rehabilitation  
Ross Heart Hospital  
452 West 10th Avenue  
Caitlin Beebe, (614) 293-7677, 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.

The Ohio State University Wexner Medical Center – Outpatient Cardiopulmonary Rehabilitation  
1800 Zollinger Rd., 2nd Floor  
Upper Arlington, OH 43221  
Jessica King, (614) 293-2920, 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.
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

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

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
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.

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

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

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
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.

TriHealth Fitness and Health Pavilion
6200 Pfeiffer Rd.
Cincinnati, OH 45242
(513) 985-0900
Justin Thompson, (513) 246-2645, justin_thompson@trihealth.com

University of Cincinnati Medical Center
234 Goodman Street
Cincinnati, OH 45219
JoAnn Loos, (859) 630-7640
Joann.Loos@UCHealth.com

University of Toledo Medical Center
Cardiac Rehabilitation
Henry L. Morse Center
3065 Arlington Avenue
Toledo, OH 43614
Angie Burkett, (419) 383-6537

Westerville Sports Medicine Center
584 County Line Road West
Westerville, OH 43082
(614) 355-6000
OHIO

Non-Clinical Internships

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.

Accelerate Ohio Inc., Speed & Agility Enhancement Center, Sports Training
1405 Dublin Road
Columbus, OH 43081
Brian Schiffer, (614) 891-3278

Athletic Republic Dublin
6175 Shamrock Court Suite I
Dublin, Ohio 43016
Andrew Coutts, (443) 286-8697, acoutts@athleticrepublicteam.com
(614) 718-9855
dublin.athleticrepublic.com

American Electric Power
1 Riverside Plaza
Columbus OH 43215
Mandy Jones, (614) 790-3117

Arena District Athletic Club
325 John H. McConnell Boulevard #150
Columbus, OH 43215
Kristen Burroughs (614) 461-7785
kburroughs@arenaathletic.com

AT&T Fitness Center
221 E. 4th St., 2nd Floor
Cincinnati, OH 45202
Kendal Cox, (513) 629-8024

Bally's Scandinavian
1290 W. Old Henderson Rd.
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
Internship in a fitness facility that focuses on group exercise and leadership skills.

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.

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.

Bethesda Corporate Health Preventative Systems
630 E. River St.
Elyria, OH 44035
(216) 329-7512

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

Cardinal Health Fitness Center
2215 Citygate Drive
Columbus, OH 43219
Megan Osysko, (614) 757-3488, megan.osysko@cardinalhealth.com

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

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

CHAARG
Elisabeth Tavierne, opportunites@CHAARG.com
CHAARG.com
CHAARG aims to ignite a passion for movement in collegiate women.

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

Club Management Inc.
655 Metro Place South
Dublin, OH 43017
Gary Richards

Columbia Gas
101 W. Town St.
Columbus OH 43215
Rich Lash/Nancy Henry (614) 460-6390
Columbus Blue Jackets
200 W. Nationwide Blvd.
Columbus, OH 43215
Kevin Collins, Head Strength and Conditioning Coach, kcollins@bluejackets.com
Strength and conditioning internship working with local professional hockey team.

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.

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.

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
Internship involves personal training, program implementation and wellness programming.

Continental Athletic Club
6124 Busch Blvd.
Columbus, OH 43229
Barb Fanning

Core Materials Corp. (CMC)
800 Manor Park Dr.
Columbus, OH 43228
Ed Blohm, (614) 870-5035

CrossFit Clintonville
609 Oakland Park Ave.
Clintonville, OH 43214
Patrick Woods, (614)745-0434, woods.367@gmail.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.
EPA Wellness Center  
26 W. Martin Luther King Dr.  
Cincinnati, OH 45014  
(513) 569-7199

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

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

Franklin County Board of Developmental Disabilities  
2879 Johnstown Rd.  
Columbus, OH 43219  
(614) 475-0564  
Ryan Philips, ryan.philips@fcbdd.org

Gateway Fitness Center - Powered by OhioHealth  
5555 Cleveland Avenue  
Columbus, OH 43231  
Lauren Keller, lauren.keller2@ohiohealth.com
This 8,500 square foot fitness facility is geared toward corporate fitness and wellness services.

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

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.

Holzer Clinic Occupational Health, Sports Medicine  
4th and Sycamore  
Gallipolis, OH 45631  
John Cunningham
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.

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.”
MetroFitness
3440 Heritage Club Drive, Hilliard, OH 43026
Site Phone Number: (614) 850-0070
Mark Myhal, PhD, (614) 325-3964, 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.

Movement Lab Ohio
400 Lazelle Rd. Suite 5 Columbus, OH 43240
Michelle Warnky, (614) 987-7597, info@mlabohio.com

Ohio Fit Club
15 W Cherry St (2nd floor), Columbus OH 43215
Mitch Potterf, (614) 388-8763
www.ohiofitclub.com

Ohio Fire Academy
8895 East Main Street
Reynoldsburg, OH 43068
Jack Smith, (614) 752-7119
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.

Power Train Westerville
91 Huber Village Blvd
Westerville, OH 43081
(614) 423-7555
PowerTrainSports.com
Dan Stevenson, (740) 507-8582, danstevenson@powertrainsi.com

ProForce Sports Performance
930 Lila Ave,
Milford, OH 45150
Kevin Hollabaugh, (513) 446-3663, 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

**Premier Fitness & Performance**  
9087 Dutton Drive  
Twinsburg, OH 44087  
Mike Caza, mcaza@premierfitnessoh.com  
Tom Bevan, tbevan@premierfitnessoh.com  
(330) 487-0810  
Internship related to sports performance, strength and conditioning, personalized and group fitness.

**Project Lift**  
5040 Nike Drive  
Hilliard, OH 43026  
Drew Dillon, (614)349-6328, Drew@project-lift.org

**Sara Ortlip Pilates**  
1400 West 5th Avenue  
Columbus, OH  
Sara Ortlip, (614) 404-0485, SaraOrtlipPilates@gmail.com

**Seven Studios**  
275 S. Third Street  
Columbus, OH 43215  
Julie Wilkes, (614) 288-4291, Juliewilkes01@gmail.com  
Services provided: yoga, Pilates, boot camp, health promotion and life coaching

**Snap Fitness Columbus**  
Eric Wilson, (614)738-9213, ericwilson@snapfitness.com  
www.snapfitness.com  
Personal Training services in Columbus. Snap Fitness has 5 locations in Columbus: Grandview, Upper Arlington, Short North, German Village, and Bexley.

**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

**Studio Torch**  
Grandview, Ohio  
Jon Lorenz, 614-517-4590, jon@studiotorch.com
High intensity boutique fitness studio which offers students opportunities in teaching group fitness training.

**SPIRE Institute**  
1822 S. Broadway  
Geneva, OH 44041,  
(440) 466-1002  
Bryan McCall, (440) 415-3182, McCall@spireinstitute.org

**T3 Performance**  
1200 Chester Industrial Parkway  
Avon, OH 44011  
www.t3athlete.com  
Marty Thompson, (440) 596-0433, 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.

**The Adaptive Adventure Sports Coalition (TAASC)**  
6000 Harriott Rd  
Powell Ohio 43065  
Joan Arnold, MPH, (614) 499-3738  
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.

**The Human Form**  
1197 Chesapeake Ave  
Grandview, OH 43201  
James Fryer, (614) 487-1440  
www.humanformfitness.com  
Interns gain experience in holistic fitness assessment and physical fitness training.

**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  
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.

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

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

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

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

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

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

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

The Spot Athletics
1200 Steelwood Rd., Suite B
Columbus, OH 43212
J.L. Holdsworth, (614) 753-1314, jl@TheSpotAthletics.com
www.TheSpotAthletics.com

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
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.

T&J No Limit Fitness
3801 Attucks Dr.
Powell, Oh 43065
Jerry Moore, (614) 659-7532, tjnolimitfitness@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.

Upper Arlington High School
1650 Ridgeview Road
Upper Arlington, OH 43220
614-487-5200
Brandon Spickler, 330-402-3372, bspickler@uaschools.org
Ultimate U
5791 Zarley St.
New Albany, OH 43054
Troy McGowan, (614) 855-9489

Valeme Fitness
Medical Fitness Specialists
6631 Commerce Pkwy unit L,
Dublin, OH 43017
Peggy Mills, (614) 389-0456, peggy@valemee.com
www.valemee.com
Valeme® 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.

Verizon Wireless’s Health and Wellness Center
5175 Emerald Parkway
Dublin, Ohio 43017
Daniel Deuschle, (614) 560-8778

Verizon Wireless’s Health and Wellness Center
5000 Britton Parkway
Hilliard, OH 43026
Dani Shimits (614) 560-8778, danielle.shimits@verizonwireless.com
Internship experience includes personal training, group fitness classes.

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

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
(937) 938-2578 (Ofc Bldg 840)
(937) 904-6368 (Human Performance Lab)
Internship related to exercise physiology research in the military setting.

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

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

YMCA - Liberty Township/Powell  
7798 North Liberty Road  
Powell, OH 43065  
Michele Cannell, (740) 881-1058
Out of State

Clinical and Non-Clinical Internships

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

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.

Athletes’ Performance
4 Portofino Drive, Ste. 2003
Pensacola Beach, FL 32561
Anthony Hobgood, (850) 916-8650

Athletes’ Performance
18400 Avalon Blvd. Suite 800
Carson, CA 90746
Zac Woodfin, (310) 630-2290

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, milldedo@bronsonhg.org
Bronson Battle Creek offers cardiac rehabilitation as well as inpatient and outpatient stress testing.
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.

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.

Defining Natural Ability
1647 Macklind Avenue
St. Louis, MO 63011
Victor Kizer, (314) 499-1131, victorkizer@gmail.com

Duke University Integrated Health Sciences
Cris Slentz, PhD, 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.

Dynamic Sports Training
20230 Cypress Rosehill Rd.
Cypress, TX 77377
Kevin Poppe, (281)-532-5230, kevin@dynamicsportstraining.com

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

Impact Sports Performance
11575 Main Street #100
Broomfield, CO 80020
Tyler Matoba, (303) 467-2288, tyler@myimpactsports.com

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.

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.

Northwest Hospital and Medical Center - Cardiac Rehabilitation
Mcmurray Medical Building
1536 North 115th St Suite 210
Seattle, WA 98133
Lisa Holroyd, (206) 368-6550

 Presence St. Joseph Medical Center - Cardiac Rehabilitation
Cardio-Pulmonary Rehabilitation, 4th Floor
333 North Madison St
Joliet, IL 60435
Margaret Downey, (815) 725-7133 x7847

Project Walk
2738 Loker Avenue
Carlsbad, CA 92010
Jason Smith, 760-431-9789, jasons@projectwalk.org

Public Safety Medical
324 E. New York Street, Suite 300
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
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 - Dearborn**
  600 Wilson Creek Road
  Lawrenceburg, IN 47025
  Phone: (812) 496-7254

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

- **Cardiac Rehab Center - Grant**
  Address: 300 Barnes Rd.
  Williamstown, KY 41097
  Phone: (859) 824-8244
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

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
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.

World Sports Camp
Williston Northampton School
Western Massachusetts
Mackenzie Navarro, (401) 396-7115, 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
YMCA - New Braunfels
710 Landa Street
New Braunfels, TX 78130
Marc DuFrene, (830) 606-9622, marcd@ymcasatx.org
Out of Country
Clinical and Non-Clinical Internships

Medical Center for Metabolism (Italy)
Piazza Matteotti 8
50018 Scandicci Firenze
Dr. Cosimo Russo, +39 055-252-358, Cosimoroberto.russo@metag
Specializes in screening of metabolic disorders, and osteoporosis.

University of Queensland Sports Academy (Australia)
University of Queensland
Building 25, Union Rd. St Lucia, QLD 4067
(07) 3365 6223, 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.