



Internship



An internship at The Center for Health Improvement will provide an experience that will direct a path towards a future career, as well as, fulfill the necessary college degree requirements. The Center is a state of the art, nationally accredited medical fitness facility that offers its members top of the line programs and services. As an intern at The Center you will be able to learn and interact in all of the same programs and services available to our members. Our outpatient clinics (Cardiopulmonary Rehabilitation, Physical/Occupational Therapy, etc.) are available as additional experiences during the internship. We strive to make our internships specific to each student's needs and interests.

We offer one 12-week internship per semester at 20 to 40 hours per week depending on credit hours needed. In addition to a completed application, please send a cover letter, resume with references and an official transcript to the internship supervisor, by the deadline listed below.

Summer term - March 1, 2026

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Responsibilities:

- Learn and follow HaysMed and The Center for Health Improvement policies and procedures
- Provide quality customer service and attend to members' needs
- Conduct fitness assessments; evaluate member's current fitness status, aid in setting realistic goals based on member's functional level and physical limitations
- Assist in program planning and designing exercise programs using ActiveLinxx system
- Attend various group fitness classes—teaching opportunities may be available for those who are interested
- Observe personal training sessions
- Train with a Personal Trainer that will lead you through a one hour Personal Training session
- Design a 30-minute personal training session for a Personal Trainer
- Design and implement a 4-week program
- Internship project designed by the Fitness Director and Internship Supervisor
- Miscellaneous – filing, cleaning, etc.
- Observe within the following departments/programs at The Center:
 - Cardiopulmonary Rehabilitation
 - Physical/Occupational Therapy
 - Personal Training
 - Youth Programs
 - Assist in upcoming event planning

Prerequisites:

- Cover letter, resume with references, official transcripts and application to The Center's Internship Supervisor
- Minimum of 60 hours of college level course credits
- Two of the following Upper Level courses
 - Exercise Physiology
 - Kinesiology
 - Clinical Exercise Physiology
 - Instrumentation
- American Heart Association CPR certification required. If you need this certification, the Internship Supervisor will send you the course dates and times that are available at HaysMed. The cost of the course at HaysMed is \$40.
- Experience in:
 - Principles of exercise physiology
 - General wellness, clinical and recreation programs
 - Ability to establish and maintain effective working relationships with staff and general public
 - Effective communication
- An initial interview with the Internship Supervisor will be conducted

Additional Information:

- Please provide a copy of current TB skin test within the last year, copy of current CPR card, and current seasonal flu vaccine (October 1- March 31). You may be asked to provide and complete additional pre-boarding health assessment requirements in addition to this packet.
- Personal Training with The Center members will be observation only. If intern has a personal training certification from an NCCA accredited institute you may have an opportunity to train our members.

For more information, contact us:

785-623-5296 Kelly Flaska
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HaysMed is an equal opportunity employer.