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## Internship Program

### Guidelines and Requirements

1. Interns should be currently enrolled in an accredited university program pursuing a bachelor's degree in exercise science, sports management, or a pre-Physical Therapy specialization.
2. Interns should have basic knowledge in exercise science, exercise physiology, anatomy and exercise prescription.
3. Duration of internships vary, usually one semester in length, or whatever length of time to satisfy university credit hours.
4. Interns must complete an application, send a cover letter and resume. In person interviews are recommended, telephone interviews may be acceptable in certain cases.
5. Interns must have current CPR certifications that will remain current throughout the period of their internship. Copy of certification card should be sent with application.
6. Interns need to provide all pertinent college internship information to the Cape Cod Rehab Director. Written agreement signed by University official is required for all internships.
7. Interns must supply a copy of the University's liability coverage that will cover them while on internship. This should be obtained through the University Department requiring the internship.
8. Interns must act in a professional manner, be enthusiastic and self-motivated. The ability to communicate to client and staff of all ages is a must.

### Responsibilities

1. Provide supervision to Physical Therapy patients as directed by Physical Therapist.
2. Provide supervision to fitness members and exercise clients.
3. Carry out opening, closing, and daily duties of clinic and fitness center.
4. Assist Physical Therapists, Athletic Trainers, Fitness staff and office staff.
5. Maintain a professional appearance, behavior and attitude.
6. Maintain and exhibit a healthy lifestyle and serve as a role model to clients.

### Goals and Objectives

The goal of the Internship Program is to expose interns to our patient physical therapy, pre and post physical therapy fitness programs, sports conditioning, personal training, athletic training, and other wellness programs. Cape Cod Rehab is a family-friendly, non-intimidating company that places a high emphasis on customer service and evidence-based rehab, conditioning and training procedures.

[Goals and Objectives continued...]

The internship will expose interns to therapeutic exercise used in rehabilitation of surgical and non-surgical clients, orthopedic and sports injuries of all types as well as clients with complications from medical problems, balance problems, cancers, obesity, arthritis and many other disease processes.

The internship will also expose interns to fitness programs for healthy individuals looking to improve their general fitness or improve their sports performance. The intern may participate in off-site conditioning programs or sporting events.

Cape Cod Rehab will help the interns experience:

1. Exercise for rehabilitation
2. Exercise for health and fitness
3. Promote health and fitness
4. Design effective fitness programs
5. Supervise individual, small and large groups
6. Operational procedures for running a rehabilitation and fitness facility

## **Attendance**

Depending on the length of the internship, hours will be set to accommodate both the interns need for outside employment and the facilities schedule. The intern will be expected to be on time for all scheduled hours.

## **Dress Code**

In addition to always dressing in a clean and professional manner, the following dress code policies will be adhered to throughout the internship:

1. Shirts with a collar must be tucked in at all times. Exceptions made when participating in a strenuous activity either leading or demonstrating when exercise attire is appropriate.
2. Slacks and khaki pants are acceptable, jeans are not acceptable.
3. Hair and hygiene must be kept neat, clean, and manageable.
4. Interns are expected to be clean shaven.
5. Comfortable shoes such as running shoes are recommended. No open toed shoes, sandals or shoes in disrepair.
6. No gum chewing.
7. Pierced ears are the only visible body piercing allowed. Any body art (tattoos) should be covered.

## **Intern Projects**

Interns will be responsible for a project during their time at Cape Cod Rehab. Topics might include:

1. Research on a health/fitness/rehab topic or article.
2. Developing a handout.
3. Performing a case study.
4. Individual projects based on University requirements and intern interests.