

EXSC 399R – Fitness & Wellness
INTERNSHIP
I N F O R M A T I O N

General Information

Almost without exception, students find the internship to be one of their most valuable experiences during their education. An internship gives you an opportunity to apply conceptual, theoretical training in an environment closely related to your professional goals.

Students are expected to find their own internships!

To ensure that you have a positive experience, and for your protection, it is important that you follow the guidelines, meet the deadlines, and submit all required forms contained in the internship packet.

You will work closely with a number of people, including your internship coordinator at BYU, and your on-site supervisor; make certain your expectations are the same as those of the experience provider and those of the supervisor(s) with whom you will be working. We wish you every success in your internship experience. If you encounter problems, do not hesitate to contact your Faculty Advisor.

Department Internship Coordinator:

Maggie Shibla
106 SFH
801-422-6570

Fitness & Wellness Management Faculty Advisor:

Ron Hager
228B SFH
801-422-1183

You can view and print a copy of the internship packet at the following web address:

http://exsc.byu.edu/courses/399R_fw.pdf

Finding an Internship

The **Internship Office** (<http://webpub.byu.edu/internships-byu/index.htm>) has arranged a one-year membership to Internships.com. Internships are listed by location, area of study, and compensation both nationally and internationally. To access the site, follow these instructions:

1. Go to: www.internships.com
2. Click on "Go to Premium Pages"
3. Select "Brigham Young University - Utah" from the drop-down menu. (You can also access the national listings.)
4. Enter the Promo Code: Cougars
5. Click 'Continue'
6. Enter name, email, and password. Click 'Sign Up'
7. Enter email and password again. Click 'Login'

The University Internship Office also provides online resources in an A to Z format to help you find internships. When looking for an internship, consider the direction you would like to take your career and start searching websites of companies or databases that can help you progress toward your goals. The links listed on the University Internship Office website can give you an idea of the resources available to you and aid your internship search. In addition to the resources listed, here are a few other ideas to help you get started finding an internship:

- Check out the Career Placement Services' job board
- Talk to faculty within your field of study
- Turn your current job into an internship
- Talk to other students who have interned in your field of study
- Set up informational interviews with professionals
- Check out BYU's eRecruiting
- Search the telephone directory and submit your resume to applicable companies
- Search trade publications, classified ads, and professional association job listings
- Use your parents, friends, and ward contacts
- Search with an online search engine like Google
- Use student associations to access professionals

Students in Fitness and Wellness have participated in a number of outstanding internship experiences locally, nationally, and internationally. One way to maximize your internship experience is to participate in the University Semester Away Program (<http://webpub.byu.edu/internships-byu/HTML/SemesterAwayStudents.htm>).

Semester Away is a university program that allows you to combine your internship with Independent Study courses so you can

- Keep your scholarship and intern off-campus or out-of-state
- Graduate faster while gaining real-world experience and credibility
- Be a full-time student and go to work, not class

The following represents a partial list of actual internships that past students have completed. This may give you some idea of the types of internships that you can do and also provide you with contact information to help you get started in finding your own internship.

- Central Utah Wellness Clinic – Provo, UT
- Landover Athletic Club – Vancouver, WA
- Y-Be-Fit (BYU) – Provo, UT
- Novell Wellness Program/BaySport, Inc. – Provo, UT
- Peaks Ice Arena – Provo, UT
- Spine Orthopedic and Sports Physical Therapy – Provo, UT
- Utah Viper Volleyball Club – Provo, UT
- Care For Life – Beira, Mozambique/Gilbert, AZ
- Women, Infants, and Children (WIC) – Provo, UT
- Beyond Fitness/Gold's Gym – Provo/Orem, UT
- LDS Church Office Building Wellness Program – SLC, UT
- Curves for Women – Provo/Orem, UT (and other locations nationally)
- eHealth Compete, Inc. – Orem, UT
- Elevate Fitness – Orem, UT
- Camp La Jolla – San Diego, CA
- Fitness Together – Bellingham, WA
- Hershey's Wellness Program – Hershey, PA
- Back Trainer Institute – Provo, UT
- The Bridge Health Recovery Center – Rockville, UT
- Timpanogos Hospital/Cardiac Rehab – Orem, UT
- Kelly Hawkins Physical Therapy Works – Las Vegas, NV
- Lifetime Fitness – Allen, TX
- Intermountain Health Care (IHC) – SLC, UT (*requires fingerprinting and background check*)