



Internship Program

GUIDELINES AND REQUIREMENTS

- 1) Intern should be currently enrolled in an accredited university program pursuing a bachelor's degree in an exercise science related field or a pre-physical therapy specialization.
- 2) Intern should have basic core knowledge of exercise science content such as exercise physiology, anatomy and exercise prescription.
- 3) Internship usually lasts an entire semester in duration, commonly 14-16 weeks. Intern is expected to stay the duration of the scheduled internship. Part-time internships are also available.
- 4) Intern needs to send a completed intern application with a cover letter, and resume. Interns are accepted on a rolling basis. Final decisions will be made no later than:

March 15 for summer semester
May 15 for fall semester
November 15 for spring semester

NOTE: Spring internships normally run from early-to-mid January through early May.
Summer internships normally run from mid-to-late May through late August.
Fall internships normally run from late August/early September through mid December.

Internships are occasionally available on short notice due to possible unfilled positions or other extenuating circumstances. Please call about availability if wishing to apply past the dates listed above.

- 5) Intern should have current CPR and First Aid certifications that last through the scheduled internship dates. Attach a copy of current certifications with the internship application.
- 6) Intern needs to provide all pertinent college internship information to the Auro PT internship supervisor.
- 7) Intern needs to carry liability insurance. Often, intern is covered under university programs as a registered student. Contact the university internship supervisor about details of liability coverage.
- 8) Intern needs to be friendly, self-motivated and enthusiastic about working with people. Intern must possess good human relation and communication skills and be capable of maintaining a mature professional relationship with clients and staff of various ages.

RESPONSIBILITIES

- 1) Provide supervision to exercise clientele.
- 2) Develop exercise prescriptions for various populations.
- 3) Carry-out the opening, closing and everyday running procedures of daily clinic operations.
- 4) Assist physical therapists.
- 5) Maintain a professional appearance, behavior and attitude.
- 6) Maintain high-quality customer service.
- 7) Maintain and exhibit a healthy lifestyle and serve as a role model to clients.
- 8) To complete intern assignments.

GOALS AND OBJECTIVES

The goal of the internship is to expose interns to an effective outpatient physical therapy and therapeutic exercise environment. Auro PT creates a non-intimidating atmosphere for patients to recover from injuries, manage disease conditions and improve overall functional levels.

The internship will expose the intern to sound therapeutic exercise programs that focus on exercise for health benefits and deal with various populations and disease processes such as:

Elderly	Apparently healthy
Sedentary	Obese
Arthritis	Osteoporosis
Fibromyalgia	Cardiac patients
Hypertension	Pulmonary patients
Cancer	Stroke patients
Orthopedic injuries	Balance and gait deficits

Auro PT strives for interns to experience how:

- 1) To utilize exercise for general health and wellness.
- 2) To utilize exercise for therapy and rehabilitation.
- 3) To make exercise a lifestyle for clients.
- 4) To make exercise convenient and effective.
- 5) To promote health benefits to a variety of populations.
- 6) To properly design and supervise personal exercise programs for individuals with various health conditions.
- 7) To professionally operate a fitness, wellness and rehabilitation facility.

ATTENDANCE

A 40-hour work week is expected from all full-time interns. This will normally encompass a Monday through Friday work schedule with varying hours each day. Part-time internships will vary depending on individual scheduling needs.

DRESS CODE

Interns are expected to always dress in a clean and professional manner. Dress code policies include:

- 1) Shirts should have a collar and be tucked in, no midriff shirts.
- 2) Slacks and khaki pants are recommended, jeans are not acceptable.
- 3) All pants should be free of rips, holes and tears.
- 4) Shorts must be of professional length, mid-thigh at least and not to exceed the knees.
- 5) Exercise clothing such as tight fitting spandex is not acceptable.
- 6) Hair and hygiene must be kept neat, clean and manageable.
- 7) Interns are expected to be cleanly shaven.
- 8) Comfortable shoes, such as running shoes, are recommended, however no open-toe shoes, sandals or beat-up shoes.
- 9) No gum chewing is allowed.
- 10) Earrings may be worn but must be considered appropriate for the work place. Body piercings may not be visible while working.

INTERN PROJECTS

Interns will be responsible for various projects throughout the semester. Some might include:

- Research on specific topics and/or articles
- Handouts
- Case studies on particular clients
- Individually based major projects

INTERNSHIP CONTACT INFORMATION

Please contact us if interested in pursuing an internship at Auro Physical Therapy via email or phone.

auropt@aurot.com
(269) 903-CARE(2273)

I have read and agree with the Internship Program requirements of Auro Physical Therapy.

Prospective Intern

Date